

STRAWBERRIES AND WHIP CREAM DESSERT

INGREDIENTS:

3 egg whites

1 1/2 cups sugar, divided

3/4 tsp cream of tartar

1/2 cup crushed saltines

1/2 cup flaked coconut

1/2 cup chopped pecans

2 cups whipping cream

1/2 tsp unflavored gelatin

1 quart fresh strawberries, sliced

In a mixing bowl, beat egg whites until soft peaks form. Gradually add 1 cup sugar and cream of tartar, beating until stiff peaks form again. Gently fold in crumbs, coconut and pecans. Spread onto the bottom and up the sides of a 9" pie plate. Bake at 375 degrees for 20-22 minutes or until lightly browned. Cool completely. In a mixing bowl, beat cream, gelatin and remaining sugar until stiff peaks form. Fold in strawberries and pour into shell. Refrigerate for two hours.

"To forget how to dig the earth and tend the soil is to forget ourselves"

Gandhi