

# Quince mousse



## Ingredients

40 g quince paste

20 g water

40 g egg white (1 egg)

A pinch of salt (omit in case of high blood pressure or liquid retention)

## Method

1. Use an immersion blend to blend the quince paste with a little water.
2. Beat the egg white with salt until stiff peaks form.
3. Gently fold quince purée into egg white.
4. Serve in a glass or bowl.

## Recommendations

Can be paired with a glass of grape or apple juice or smoothie.