



Low FODMAP Chocolate Pavlova

Serves: 10

Prep: 10 minutes

Cook: 1 hour 15 minutes



Stack Cup

| Ingredients | Metric | Imperial |
|----------------------------------------------------------|--------|----------|
| 6 large egg white | 240 g | 8.7 oz |
| Caster sugar | 300 g | 10.6 oz |
| 3 tbsp cocoa powder, sieved | 12 g | 0.4 oz |
| 1 tsp balsamic vinegar | 5 g | 0.2 oz |
| Dark chocolate, grated | 50 g | 1.8 oz |
| Thickened cream, whipped | 254 g | 9 oz |
| Chocolate and fruit of your choice to decorate, optional | | |

Method

1. Preheat the oven to 180°C/356°F
2. Beat the egg whites until stiff peaks form. Beat in the sugar, one spoonful at a time and continue beating until the mixture is stiff and shiny. Fold through the cocoa, vinegar and grated chocolate until just combined.
3. Line a baking tray with grease proof paper. Spread your mixture onto the paper in a 23cm diameter circle. Smooth the sides and top. Place in the oven and reduce temperature to 150°C/302°F. Bake for 1-1½ hours. Turn the oven off when the pav is crisp on top and a little bit gooey in the middle. Open the oven door and let the pav cool completely inside.

| Nutrition Information (per serve) | |
|-----------------------------------|-------------------|
| Energy | 1084 Kj / 259 cal |
| Protein | 3.60g |
| Carbohydrates | 34.50g |
| Sugar | 32.30g |
| Total Fat | 12.00g |
| Saturated Fat | 7.80g |
| Fibre | 0.40g |