



Low FODMAP Fruit Salad Pavlovas

Serves: 8

Prep: 3 hours 10 minutes

Cook: 1 hour



Ingredients	Metric	Imperial
3 egg whites, room temperature	90 g	3.2 oz
Pinch of salt		
¾ cup caster sugar	175 g	6.2 oz
2 tsp cornflour	8 g	0. Oz
1 vanilla bean pod	4 g	0.1 oz
Vanilla flavoured yoghurt (lactose-free if required)	170 g	6 oz
1 punnet strawberries, top removed and sliced in layers	250 g	8.8 oz
4 Kiwi fruits halved and sliced in thin layers	300 g	10.5 oz
4 passionfruit, pulp removed	92 g	3.2 oz
Fresh blueberries	40 g	1.4 oz
Handful of fresh mint leaves		

Method

1. Preheat oven to 110°C/230°F. Line a large oven tray with baking paper.
2. In a large mixing bowl, combine egg whites and salt. Beat using an electric mixer until soft peaks begin to form. Continue beating, whilst gradually adding caster sugar, until stiff peaks form and the mixture is glossy. Using a spatula, gently fold through cornflour and scraped seeds from the vanilla bean pod.
3. Spoon meringue onto baking sheet to form 8 even circles. Bake in the oven for 1 hour or until meringues are crisp to touch but not browned. Turn oven off and leave meringues inside to cool for 2-3 hours with the door slightly ajar.
4. Place sliced strawberries and kiwi fruit in a mixing bowl and stir to combine. Set aside.
5. Top each meringue nest with a dollop of yoghurt. Decorate with the sliced fruit and spoon about a tablespoon of passionfruit pulp over each meringue. Add a couple of mint leaves and blueberries to decorate.
6. Arrange on a platter to serve. Enjoy!

Nutrition Information (per serve)	
Energy	607 Kj / 145 cal
Protein	3.90g
Carbohydrates	30.80g
Sugar	29.00g
Total Fat	1.00g
Saturated Fat	0.60g
Fibre	3.70g