



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 90 mins

Serves: 8

INGREDIENTS

- 250g egg whites (6-7 eggs)
- 75g powdered monkfruit
- ½ tsp xanthum gum
- 1 tsp cream of tartar
- 2 tsp white vinegar
- 2 tsp vanilla extract

METHOD

- Preheat oven to 150°C.
- Line an oven tray with baking paper, marking a 23cm diameter circle on paper.
- Wipe mixer bowl and mixers with vinegar and paper towel, dry.
- Beat egg whites and cream of tartar in mixer until stiff peaks forming.
- Add monkfruit, 1 tsp at a time, while continuing to beat.
- Add xanthum gum, vinegar and vanilla extract and mix well.
- Reduce oven temperate to 100°C.
- Spoon mixture into marked circle on baking paper, and even out.
- Bake in oven for 90 mins.
- Slightly open oven door, and leave for at least 3 hours (or overnight) to cool.
- Decorate top by spreading yoghurt over first, and then piling fruit on top.
- **NOTE:** for low disaccharide, omit the banana.

SUGAR FREE **PAVLOVA**



- ½ cup passionfruit coconut yoghurt
- 1-2 kiwi fruit, sliced thinly
- 1-2 passionfruit, pulp only
- ½ cup blueberries
- 6 strawberries, quartered
- ½ banana, sliced thinly
- Mint leaves to decorate