


Mini Berry and Yoghurt Pavlovas

Serves: 6

Prep time: 15 minutes

Cook time: 30 minutes + 1hr cooling time

 ½ serve per portion

Ingredients

150ml egg whites (approx. 4 eggs)

1 cup caster sugar

1 teaspoon white vinegar

2 teaspoons cornflour

400g Greek yoghurt, reduced fat

2 punnets blueberries

1 punnet strawberries, sliced



Discretionary Food

Method

PREHEAT oven to 150°C. Line a large baking tray with non-stick baking paper.

PLACE the egg whites in a large bowl. Beat with an electric mixer on high speed for 1 minute. While still beating, gradually add the sugar, 1 tablespoon at a time. Continue to beat until fluffy and glossy, around 6-8 minutes.

ADD vinegar and cornflour and beat for another 1 minute or until combined.

SPOON 6 rounds of meringue mixture onto the lined baking tray.

REDUCE oven temperature to 120°C and bake for 30 minutes or until crisp to touch.

COOL in the oven for 1 hour.

TOP with yoghurt and fresh berries and serve immediately.

Recipe courtesy of the Country Kitchens team