

 Fruity pavlova

(serves 6 people)

This is a delicious dessert to try out for a special occasion or a weekend dessert. Perfect with yoghurt and fruit.

Ingredients

* 3 egg whites\*
* Pinch of salt
* 250g caster sugar
* 5ml vanilla flavouring
* 5 ml vinegar
* Fruit and lower fat plain yoghurt or low fat crème fraiche as a topping\*

Method

1. Cut out a 23cm round of non-stick baking parchment.
2. Pre heat the oven to 140°C/gas mark 1.
3. Whisk the egg whites and the pinch of salt together until very stiff.
4. Then gradually whisk in the sugar, until it is just combined – do not over whisk.
5. Fold in the vanilla and the vinegar.
6. Place the circle of baking paper on a baking tray and spread the meringue over the circle of paper.
7. Bake in the oven for an hour until firm and leave to fully cool.
8. Remove the paper at the bottom of the meringue, place the meringue on a plate and fill with the yoghurt/crème fraiche and the fruit – serve and enjoy!

\*Contains or is one of the 14 common allergens