

## **Pavlova with yoghurt, sliced strawberries, bananas, grapes & passionfruit**

The low GI pavlova base is available to purchase from Woolworths - 'Woolworths Select Classic Pavlova Shell' and add light whipped cream or yoghurt and your favourite fruit. Otherwise these individual pavlovas are a great alternative:

### **Individual Pavlovas**

<http://www.taste.com.au/recipes/15386/individual+pavlovas>



### **Ingredients (serves 4)**

- 3 egg whites, at room temperature
- Pinch salt
- 3/4 cup (175g) caster sugar
- 2 tsp cornflour
- 1 tsp Queens natural vanilla essence
- 200g carton Fruche Light Vanilla and
- 1/2 cup (130g) Greek-style yoghurt
- 1 small banana, peeled, thinly diagonally sliced
- 100g strawberries, washed, hulled, quartered
- 100g small Thompson seedless grapes
- 2 large passionfruit, pulp removed

## Method

1. Preheat oven to 110°C. Use a 10cm cutter to draw 4 circles on a sheet of baking paper. Place the paper, ink-side down, on a baking tray.
2. Use an electric beater to beat the egg whites and salt until soft peaks form. Gradually add the sugar, whisking well between each addition, until thick and glossy and all the sugar has dissolved. Carefully fold in the cornflour and vanilla essence.
3. Spoon the meringue evenly among the 4 circles. Spread the meringue out over each circle. Cook for 1 hour or until the meringues are crisp. Turn the oven off and use a wooden spoon to keep the door ajar. Set aside in the oven for 2-3 hours or until cooled completely.
4. To serve, combine the fruche and yoghurt. Spread over the tops of the meringues. Top with the banana, strawberries, grapes and passionfruit. Serve immediately.

## Source

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