

Pavlovas

Heart Health

Items Needed: Hand or Stand Mixer, Mixing Bowl, Piping bag (optional), Spatula, silicone baking mat or parchment paper.

Serves: 6 pavlovas

Ingredients:

- 3 egg whites (room temperature)
- 1 tsp cornstarch
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{4}$ tsp lemon juice
- 1 tsp vanilla

Topping:

- 1 1/2 cups of low fat whipped topping
- Mixed berries or fruit topping of your choice



Directions:

1. Preheat oven to 215 degrees.
2. In a mixing bowl, whisk the egg whites until they start to form soft peaks.
3. Slowly add in sugar a little at a time along with your cornstarch.
4. Once they reach stiff peaks, add the vanilla and lemon juice and mix until just combined and mixed through.
5. Line a baking sheet with either a piece of parchment paper or silicone mat. Either spoon out mixture into 6 even mounds or pipe into 6 nests with a large piping tip. Make sure to leave a slight indentation in the middle so we can rest our whipped topping and berries here.
6. Place in the oven for 1 hour and 15 minutes. Once the timer is done. Turn off the oven and allow the pavlovas to rest in the oven for another 30 minutes.
7. Once removed from oven. Take pavlovas off of your baking sheet and allow to cool on a cooling rack.
8. When they have cooled completely, top with whipped topping and fresh berries.



Nutrition Information (per 1/6 recipe):

Calories: 157 Fat: 2.5 g Carbs: 31.2 g Protein: 2.5 g Fiber: 0.3 g Sodium: 41.7 mg

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