AUSTRALIAN · DESSERT

Keto Raspberry Pavlovas with Berry Cream

80 min · plus cooling | Makes 6 × 1 mini pavlova | 165 kcal a portion | Video 3:01 · RuledMe

Vegetarian | Gluten-free ingredients | No nuts listed

Egg-white meringue sweetened with erythritol and filled with berry cream: about 3 g net carbs a pavlova with no added sugar.

Diet notes: Keto (3 g net carbs a serve).

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Ingredients 9 · MAKES 6 × 1 MINI PAVLOVA

- [ ] 4 large **egg whites**
- [ ] ½ cup **erythritol**
- [ ] 1 tsp **vanilla extract**
- [ ] 1 tsp **fresh lemon juice**
- [ ] 2 tsp **xanthan gum**
- [ ] 1 cup **heavy cream**
- [ ] ½ cup mixed **frozen berries**
- [ ] 18 **fresh raspberries** (about ½ cup)
- [ ] 1–2 **mint leaves**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Separate 4 eggs carefully so no yolk gets into the whites. Beat the whites until foamy, then add the erythritol a little at a time and keep beating to stiff peaks. 0:08
2. Add the vanilla, lemon juice and xanthan gum and fold them in gently with a silicone spatula. 0:51
3. Line a baking sheet with baking paper and trace 6 circles around a cup or small bowl with a pencil. 1:12
4. Spoon the meringue onto each circle and make a well in the middle with the back of the spoon. Bake at 300°F for 1 hour, then let the pavlovas cool. 1:35
5. Blend the cream with the frozen berries for about 3 minutes, until thick and pink. 1:49
6. Spoon the berry cream into the cooled pavlovas and top each with 3 fresh raspberries and a little mint. 2:03

> **Tip** A squeeze of lemon over the top just before serving brightens the berries, as the cook suggests.

The method is a summary in our words — the video shows every step.

One portion (1 mini pavlova) gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
165 kcal	3.5 g	4.9 g	1.9 g	15 g	80 mg
690 kJ	7% of a day	3 g net · 2.8 g sugars	7% of a day	9.2 g saturated	4% of a day
		2% of a day		19% of a day	

Energy from net carbs 7% · protein 9% · fat 84% — fits keto: 3 g net carbs, 84% of the energy from fat

Source of (10–19%) Vitamin A 18% · Selenium 10%

Recipe and video: RuledMe (@RuledMe) on YouTube — youtube.com/watch?v=op7q6hI2A2M, published 26 December 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-raspberry-pavlovas-berry-cream