



Air Fryer Vanilla Berry Pavlova

Description

Have you ever made a dessert in your [air fryer](#)? Try this easy holiday inspired keto Pavlova!

Ingredients (makes 4 servings)

- 2 large egg whites
- $\frac{1}{4}$ tsp cream of tartar or 1 tsp apple cider vinegar
- $\frac{1}{4}$ cup powdered Allulose (40 g/ 1.4 oz)
- 1 cup heavy whipping cream (240 ml/ 8 fl oz)
- 1 tsp sugar-free vanilla extract
- 2 tbsp powdered Allulose or low-carb sweetener of choice (20 g/ 0.7 oz)
- 1 cup fresh berries of choice – strawberries, raspberries, blackberries and/or blueberries (140 g/ 5 oz)

Instructions

1. Crack the eggs and separate the [egg](#) whites from the egg yolks. Place the egg whites into a large clean bowl or a mixer.
2. Start beating the egg whites on medium-low speed. Continue for about 2 minutes until the whites become foamy. Then, add the cream of tartar (or apple cider vinegar).
3. Add the sweetener, a tablespoon at a time. Keep beating until they reach a stiff-peak and glossy stage.
4. Place a piece of parchment paper inside your air fryer (round cake parchment works best). Spoon the mixture on top to create a round meringue, leaving at least 2.5 cm (1 inch) gap from the sides.
5. Using a spoon or spatula, create a nest in the middle, building up the sides of the meringue so that it can hold the whipped cream and berries once it's baked.
6. Turn the air fryer to 120 °C/ 250 °F and cook for 40 minutes, checking once or twice.
7. Once cooked, remove from the air fryer and let it cool down completely before removing from the air fryer and adding the topping.
8. Meanwhile, whip the cream with 2 tablespoons of Allulose and vanilla.

9. To assemble, top the cooled meringue with whipped cream and fresh berries. You can also add some fresh mint.
10. Slice to serve immediately or store in the fridge for up to a day. Pavlova is always best to be assembled right before serving. You can keep the baked meringue in an airtight container in the fridge for up to 3 days.

Nutritional values (per serving, quarter)

Net carbs 4.7 grams

Protein 3.3 grams

Fat 23 grams

Calories 250 kcal

[MORE AIR FRYER RECIPES](#)

Category

1. Air Fryer Recipes

Date Created

06/09/2023

Author

rauf

default watermark