

## Mini passion fruit pavlova



If you fancy something sweet, a meringue is a lovely treat to have with fruit.

With this mixture you can make individual mini Pavlova or you can make a large one filled with passion fruit and raspberries.



### Ingredients

#### serves 4

- 150g egg whites (about 4 large egg whites)
- 300g caster sugar
- 4 passion fruit, halved and insides scooped out
- 100g raspberries
- 200ml double cream, whipped to a soft peak, or Greek yogurt.

## **Method**

Preheat oven to 110°C.

Check the weight of the egg whites and then weigh exactly double their weight of caster sugar. Place the egg whites and sugar in a heat proof bowl placed over a pan of simmering water. Make sure the base of the bowl does not touch the hot water. Using an electric mixer whisk the egg whites until the sugar has dissolved. You can test this by dipping two clean fingers into the mixture and rubbing them together. If you can still feel sugar crystals continue to mix a little longer. Whisk the meringue a little more until it is stiff and glossy. This usually takes about 5 minutes. Remove the bowl from the heat taking care to protect your hands with some oven gloves.

Line two baking trays with baking parchment. Add tablespoons of meringue onto the baking parchment leaving plenty of space between each one. Flatten each blob of meringue into an approximate circle measuring about 10 cm/ 4 in across. Put both trays into the preheated oven and bake for about 45 minutes or until the outside of the meringue is set like a shell on the outside and the meringue remains a little soft inside. Allow the meringue to cool.

Spread a little whipped cream or yogurt, over the base of one meringues and top with the raspberries and the fruit pulp and seeds from the passion fruit.

Carefully place the other meringue on top of the fruit.

Drizzle with a little passion fruit insides for decoration.