PAVLOVA

INGREDIENTS:

SAUCE:

- ¹/₂ cup granulated sugar
- 4 egg whites (room temperature)
- ¹/₂ teaspoon cream of tartar
- 1 teaspoon white wine vinegar
- 1 teaspoon arrow root starch

WHIPPED YOGURT CREAM:

- ¹/₂ cup heavy cream
- ¹/₂ teaspoon vanilla extract
- 1 tablespoon granulated sugar
- ¹/₂ cup low- or full-fat strained yogurt
- 1/4 cup fresh berries (or more, if desired)

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form.

DIRECTIONS:

- starch.
- 60 minutes.
- incorporated.
- counter in an airtight container for 24 hours.

Nutrition Facts SERVES 6 137 calories | 5g fat | 3g saturated fat | 44mg sodium | 20g carbohydrate | 0g fiber | 19g sugar | 5g protein

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>2 HOURS 25 MIN

HEALTHIER TRADITIONS COOKBOOK



Preheat the oven to 275°F. Line a baking sheet with parchment paper and draw a 9-inch circle on the paper. Pulse sugar in a food processor several times to make it finer.

Make sure the egg whites are room temperature before starting. Beat egg whites and cream of tartar at low speed in a mixer with the whisk, or using egg beaters in a bowl, until soft peaks

Add the granulated sugar 1 tablespoon at a time allowing each to dissolve fully, and whip the egg whites and sugar at medium speed until forming stiff peaks. Note these two steps could take up to 20 minutes in total. Briefly mix in white wine vinegar and

Use a spatula to gently transfer egg whites onto parchment paper, forming one large base. Use an offset spatula to scrape up the sides with an upward motion to help the rising of the meringue. Bake in the middle of the oven for about $1\frac{1}{2}$ hours. The bottom should be lightly golden and the sides should feel firm; a toothpick stuck in the side should come out with a marshmallow-like substance. Leave in oven to cool for at least

Meanwhile, make the whipped cream by adding the heavy cream, vanilla extract, and sugar to a bowl. Beat on medium-high speed until stiff peaks form. Add the yogurt to the whipped cream. Mix on medium speed for 15 seconds or until fully

Once pavlova is cooled, top with whipped yogurt cream and fresh berries before serving. Alternatively, it can be left on the