

PAVLOVA

INGREDIENTS

- 4 egg whites
- pinch of cream of tartar
- 125g castor sugar
- 1 tsp vanilla essence
- 1 tsp vinegar
- 2 tsp corn flour
- 2 punnets of strawberries
- 200 ml thickened cream, whipped
- extra tsp vanilla essence

METHOD

1. Preheat oven to 150°C
2. Beat egg whites with cream of tartar for 4-5 minutes, gradually adding sugar
3. Add vinegar and vanilla and beat until peaks form
4. Lightly fold sifted corn flour into mixture
5. Pile mixture onto moistened ovenproof plate (*do not handle too long*)
6. Bake for 1 hour

Topping

1. Beat cream with extra tsp vanilla essence
2. Decorate Pavlova when cool with strawberries and whipped cream
3. Cut into 6 pieces

Serves 6

Nutritional Analysis per serve:

Energy	679kJ
Protein	4g
Fat	6g
Carbohydrates	24g
Sodium	47mg
Potassium	112mg
Phosphate	27mg

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