

Caramel Pavlova



3:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 90 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	27.2g	
Protein	7.7g	
Carbohydrate	1.4g	
Energy (calories)	281kcal	



Enhancing Lives Together

Caramel Pavlova



Ingredients	Quantity	Your recipe
Meringue		
Egg, whites only	30g	
Sugar-free icing sugar e.g. Sukrin® Melis icing sugar	30g	
Filling		
K·Yo™ Vanilla	50g	
Double cream, whipped e.g. Morrison's or Tesco	23g	
Dark chocolate, grated e.g. Lindt 90% dark chocolate	1g	
Sugar-free caramel sauce e.g. Walden Farms	5g	

Method:

Meringue

1. Pre heat oven 90°C/fan 90°C/gas mark ¼.
2. Add egg whites into a large clean mixing bowl (not plastic).
3. Using an electric hand whisk, on a medium speed whisk until the mixture resembles a fluffy cloud and stands up in stiff peaks when the blades are lifted.
4. Turn the speed up and add the sugar-free icing sugar. Continue beating for 30 to 40 seconds until mixture stands up in stiff peaks.
5. Place baking parchment on a large baking sheet. Using a pencil, draw a circle, about 8cm diameter, onto the parchment.
6. Spoon the meringue into a large piping bag fitted with a plain nozzle.
7. Pipe a blob of meringue in the middle of the circle and pipe a circle around it twice to fit inside of the drawn circle. Pipe a second circle on top of the first to form a nest.
8. For the meringue top, hold the piping bag vertically to the baking sheet, gently squeeze, pulling the bag up and away to make a peak.
9. Bake for 90 minutes in a fan oven or 100 minutes in a conventional oven, until the meringues sound crisp when tapped underneath and are a pale coffee colour.

Filling

1. Add the whipped cream to a bowl, gently fold in K·Yo™.
2. Spoon the filling into the pavlova base.
3. Drizzle 2.5g caramel sauce and sprinkle all the grated chocolate over the pavlova.
4. Place meringue top over the filling and drizzle the remaining caramel sauce over the top.

**K·Yo™ is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**