



# Stevia and fruit pavlova

20'  
Hands on

2 hours'  
Hands off

150'  
Cook Time

10  
Portion(s)

1  
Difficulty



## Ingredients

- 8 egg whites, of medium eggs
- 1/4 teaspoon(s) lemon juice
- 50 g stevia, powder (1:1)
- 500 g strained yogurt, 2%
- 100 g light cream cheese

To serve

- 2 oranges, segments
- 2 grapefruit(s), red, segments
- 2 tangerines
- 50 g blueberries
- mint, leaves
- cocoa powder

## Διατροφικός πίνακας

Nutrition information per portion

103 Calories (kcal)	1.0 Total Fat (g)	0.6 Saturated Fat (g)	11.0 Total Carbs (g)
5%	1%	3%	4%
11.0 Sugars (g)	10.0 Protein (g)	2.3 Fibre (g)	0.28 Sodium (g)
12%	20%	9%	5%

## Method

- Preheat the oven to 100°C (212°F) set to fan.
- In a mixer's bowl, beat the egg whites with the lemon juice at high speed, until they start turning fluffy.
- Pour the sweetener in batches and beat for 10-15 minutes until there is a fluffy and glossy meringue.
- Line 2 [baking sheets](#) with parchment paper.
- Take a little meringue from the bowl and place it onto the 4 corners of each baking sheet.
- With a marker, draw a 20 cm circle on each piece of parchment, flip it over, and stick it onto the baking sheet.
- Divide the meringue and shape 2 circles of 20 cm each, according to the guide that you drew.
- Bake for 2-2<sup>1/2</sup> hours until the meringues thicken.
- Allow 2 hours for them to cool completely.
- In a [bowl](#), mix the yogurt with the cream cheese.
- Carefully place the first meringue onto a platter.
- Cover with half of the yogurt mixture and put the second meringue on top.
- Spread the remaining yogurt mixture over the meringue.
- Decorate with the fruits, the loosely packed mint, and dust with cocoa powder.