

# Pavlova

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## Servings: 6

*4 egg whites  
1 cup sugar  
1 teaspoon white vinegar  
1 teaspoon vanilla  
1/4 teaspoon salt  
1 cup heavy cream,  
whipped  
2 to 3 cups fresh fruit  
(strawberries and kiwi), in  
bite-size pieces*

Preheat the oven to 375 degrees.

In a bowl, beat the egg whites with salt until stiff. Add the sugar, one tablespoon at a time, then beat in the vanilla and vinegar.

Line a cookie sheet with waxed paper or parchment paper. Pour the egg whites onto the paper and shape into a circle, approximately ten inches. Form a nest using a spatula.

Place in the oven for 5 minutes. Then turn the oven off. Leave the sheet in the oven for 45 minutes.

When cool, place on a plate. Cover with whipped cream and cover with fruit.

## NOTE:

*For eight to ten servings,  
use eight egg whites, two  
cups of sugar and the same  
amount of vinegar and  
vanilla.*

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Per Serving (excluding unknown items): 279 Calories; 15g Fat (46.5% calories from fat); 3g Protein; 35g Carbohydrate; 0g Dietary Fiber; 54mg Cholesterol; 141mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 3 Fat; 2 Other Carbohydrates.