Pavlova with coconut ice cream & berries

Search:

- [Desserts](#)
- [Recipes](#)

Pavlova with coconut ice cream & berries

(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js, fjs);}}(document,"script","twitter-wjs");

Pin it

(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
[Add to favorites](#)

Pavlova with coconut ice cream & berries

Rate this recipe

1 person is cooking this   [Count me in](#)

A sweet, homemade dessert that's gluten & dairy free.

Ingredients (serves 4)

Meringue

- 4 egg whites, room temperature
- ¼ cup stevia
- ¼ cup coconut/rapadura sugar
- 1 tsp white vinegar
- 2 tsp corn flour

Ice cream

- 2 tins (400 ml) coconut cream (stored in fridge)
- ½ cup coconut sugar
- 1 tbsp vanilla extract

To serve:

Pavlova with coconut ice cream & berries

- [Raspberries](#)
- [Blueberries](#)
- [Strawberries](#)
- Pomegranate seeds
- Couple of mint sprigs

METHOD

First make your meringues. Beat egg whites in a clean bowl until soft peaks form, then add your stevia very slowly and coconut sugar, while still beating egg whites. Once all sugar is dissolved, add in vinegar and cornflour and beat until combined. Spread meringue mixture over a lined baking tray until about one to two cm thick.

Place in oven (around 120°C) and bake for 1½ to two hours. Once your meringues are done, turn off the oven and let meringue spread sit in there for another two hours. It should be nice and crunchy. You can then take out your meringue and break it up for the ice cream.

Keep a bit of the crushed meringue aside to sprinkle on top of the ice cream when serving. For the ice cream, simply mix your coconut cream, coconut sugar and vanilla in a bowl before adding to ice cream maker (I use a simple $49 ice cream maker).

Either place in fridge and take out 10 to 15 minutes before serving, or serve immediately with crushed meringue, sprigs of mint, mixed berries and beautiful pomegranate seeds.

Browse more [desserts](#)**>>**

Recipe from Kate Bradley at [kenkokitchen.com](#)

function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }