



PREPARATION TIME: 15 minutes
COOKING TIME: 2 hours
SERVING SIZE: 200G
ENERGY: 19600 KJ **FAT:** 181 G
CARBOHYDRATE: 673 G
SODIUM: 75 MG

50 FOODS THAT WILL CHANGE YOUR LIFE
A WOMEN'S GUIDE TO HEALTH AND VITALITY
Extract from 50 Foods That Will Change Your Life: A Women's Guide to Health and Vitality by Emma Sutherland and Michelle Thrift; photography by Julie Renouf (Viking, \$35).

POMEGRANATE, BLUEBERRY AND MANGO PAVLOVA

The cream and sugar make this a dessert for special occasions (when a little indulgence is perfectly OK), rather than everyday eating. However, you still get the goodness of three types of fruit.

INGREDIENTS

6 x 60 g organic eggs, whites separated
Pinch of salt



1 1/2 cups caster sugar
1 tablespoon cornflour
1 tablespoon white vinegar or apple cider vinegar
1 tablespoon pure vanilla extract
300ml thickened cream, whipped
1 large mango, peeled, deseeded and thinly sliced
1/2 cup blueberries
1/2 pomegranate (seeds only)



METHOD

1. Preheat the oven to 150C (130C fan-forced). Line a baking tray with baking paper marked with a 20 cm circle in the centre, marked side down.
2. Beat the egg whites and salt together in a large bowl using an electric mixer on medium-high speed until soft peaks form.
3. With the beaters running, gradually add the sugar. Increase the speed and beat until the mixture is glossy and stiff peaks form. Add the cornflour, vinegar and vanilla extract and beat until just combined.
4. Using a large metal spoon, dollop 1-2 spoonfuls of meringue mixture into the centre of the circle on the baking paper. Spread evenly to fill the circle. Spoon the remaining meringue mixture over the top to form a mound, being careful not to flatten or spread the mixture too much. The pavlova will expand about 5 cm during cooking.
5. Bake for 20 minutes then reduce the temperature to 120C (100C fan-forced) and cook for a further 40 minutes. Turn the oven off, open the door slightly and leave to cool in the oven for a minimum of 1 hour, or overnight. When the pavlova is completely cool remove the baking paper and place the pavlova on a serving plate.
6. Top with whipped cream, mango slices, blueberries and pomegranate seeds.
Serves 6.