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Air Fryer Vanilla Berry Pavlova

Have you ever experimented with desserts using your air fryer? Give this simple holiday-inspired keto Pavlova a try!



Air Fryer Vanilla Berry Pavlova

Ingredients (makes 4 servings)

- 2 egg whites, large
- 1/4 teaspoon cream of tartar or 1 teaspoon apple cider vinegar
- 1/4 cup powdered Allulose (40 grams / 1.4 ounces)
- 1 cup heavy whipping cream (240 milliliters / 8 fluid ounces)
- 1 teaspoon sugar-free vanilla extract
- 2 tablespoons powdered Allulose or preferred low-carb sweetener (20 grams / 0.7 ounces)
- 1 cup fresh berries (strawberries, raspberries, blackberries, and/or blueberries) (140 grams / 5 ounces)

Instructions

- Separate the eggs, placing the egg whites in a clean, large bowl or mixer. Begin beating the egg whites on medium-low speed until they turn foamy, approximately 2 minutes. Then, add the cream of tartar (or apple cider vinegar).
- Gradually add the sweetener, beating continuously until the mixture forms stiff peaks and becomes glossy.
- Line your air fryer with parchment paper, preferably round cake parchment. Spoon the mixture onto the parchment, forming a round meringue with a 1-inch gap from the sides.
- Using a spoon or spatula, create a nest in the center of the meringue, building up the sides to support the whipped cream and berries once baked.
- Set the air fryer to 120°C/250°F and bake for 40 minutes, checking occasionally.
- Once baked, allow the meringue to cool completely before adding the toppings.
- Meanwhile, whip the cream with 2 tablespoons of Allulose and vanilla extract.
- To assemble, spread the whipped cream and fresh berries over the cooled meringue. Optionally, garnish with fresh mint.
- Serve immediately or refrigerate for up to a day. For best results, assemble the Pavlova just before serving. The baked meringue can be stored in an airtight container in the

fridge for up to 3 days.

Nutritional values (per serving, quarter)

- Net carbs 4.7 grams
- Protein 3.3 grams
- Fat 23 grams
- Calories 250 kcal