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Air Fryer Vanilla Berry Pavlova – Light, Festive & Keto-Friendly!

If you've never tried making dessert in an air fryer... this is your sign!

This Air Fryer Vanilla Berry Pavlova is a dreamy, crisp-on-the-outside, marshmallow-soft-inside treat that feels fancy but is incredibly easy to make. Perfect for Christmas, New Year's, holidays, or anytime you want a guilt-free keto dessert that impresses everyone at the table!

□ Ingredients (Makes 4 Servings) (Air Fryer Vanilla Berry Pavlova)

- 2 large egg whites
- 1/4 tsp cream of tartar or 1 tsp apple cider vinegar
- 1/4 cup powdered Allulose (40g)
- 1 cup heavy whipping cream (240ml)
- 1 tsp sugar-free vanilla extract
- 2 tbsp powdered Allulose (extra for whipped cream)
- 1 cup fresh mixed berries (140g – strawberries, raspberries, blueberries, blackberries)

□ Instructions (Step-by-Step, Easy)

1. Prepare the meringue

- Separate egg whites into a clean mixing bowl.
- Beat on medium-low for 2 minutes until foamy.

- Add cream of tartar (or apple cider vinegar).
- Slowly add Allulose while beating until stiff, glossy peaks form.

2. Shape & Air Fry

- Line your air fryer basket with round parchment paper.
- Spoon the meringue mixture into a round shape, leaving a 1-inch gap from the sides.
- Create a small “nest” in the center using a spoon.
- Air fry at 120°C / 250°F for 40 minutes, checking occasionally.

3. Cool Completely

- Let the baked Pavlova cool fully before topping — this keeps it crisp and perfect.

4. Make the Cream

- Whip the heavy cream with:
- 2 tbsp Allulose
- 1 tsp vanilla extract
- Until fluffy and smooth.

5. Assemble

- Spread whipped cream over the cooled meringue
- Add fresh berries on top
- Optional: garnish with mint

Serve immediately or store (unassembled) in the fridge for up to 3 days.



Air Fryer Vanilla Berry Pavlova

□ Nutritional Values (Per Serving)

- Net Carbs: 4.7g
- Protein: 3.3g
- Fat: 23g
- Calories: 250 kcal

Perfect for keto, low-carb, and high-flavour holiday eating!

□ Final Thoughts

This Air Fryer Vanilla Berry Pavlova is:

- ✓ Quick
- ✓ Keto-friendly
- ✓ Light, fresh & festive
- ✓ Perfect for UK, USA, Canada & Germany dessert lovers

Make it for your next gathering — your guests will think you spent hours in the kitchen!

More Best recipes To must cook:

- [Revolutionize Dinner with This Easy Air Fryer Cube Steak Recipe 2025](#)
- [Insanely Easy Peanut Butter Fudge That Melts in Your Mouth! 2025](#)
- [Irresistible Air Fryer French Bread Pizza You'll Want to Make Every Night In 14 Minutes](#)
- [Air Fryer Cauliflower – Crispy, Healthy & Ready in Just 12 Minutes](#)
- [The Best Air Fryer Bacon and Eggs Recipe for Busy Mornings 2025](#)