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Description:

Welcome to a dessert that feels like a warm hug and a stroke of genius all at once! This Air Fryer Pavlova is a game-changer, offering that iconic crispy-on-the-outside, marshmallow-soft-on-the-inside texture you adore, but with a brilliant twist. By using protein-packed egg whites and a low-carb sweetener, we've transformed a classic sugar-laden treat into a high-protein dessert that fits seamlessly into your wellness journey. It's the perfect way to satisfy your sweet tooth without derailing your goals, proving that low-carb recipes can be both elegant and incredibly delicious. Get ready to impress yourself and your loved ones with this stunning, healthier take on a beloved classic.

Can This Air Fryer Pavlova Support Weight Loss Goals?

Absolutely, this Air Fryer Pavlova can be a supportive part of a weight loss journey. Its ability to satisfy a sweet craving with a fraction of the carbohydrates and sugar of a traditional

pavlova is its primary advantage. By using a low-carb sweetener, we significantly reduce the calorie load and prevent the blood sugar spikes often associated with high-sugar desserts. Furthermore, the egg whites provide a source of high-quality protein, which can help promote feelings of fullness and satiety. This means you can enjoy a decadent-tasting dessert that aligns with your high protein and low-carb eating plan, making it easier to stick to your goals long-term.

Does This Air Fryer Pavlova Fit a High Protein Lifestyle?

Yes, this recipe is an excellent fit for a high-protein lifestyle. With only about 2-3 grams of net carbs per serving, it's a fantastic low-carb option. The primary ingredient, egg whites, is a powerhouse of pure, high-quality protein, essential for muscle repair and satiety. While the protein content per serving might seem modest, it's a significant improvement over traditional pavlova, which has virtually none. The use of a sugar substitute like erythritol or monk fruit also ensures you're not consuming empty calories. This makes it a smart, protein-friendly choice for anyone looking to enjoy a dessert that supports their dietary focus.

My Personal Experience

- I was skeptical about making pavlova in an air fryer, fearing it would be a sticky mess, but the result was a perfectly crisp shell with a soft, marshmallow-like center. The circulating heat of the air fryer creates an incredibly even bake, making this method surprisingly foolproof.
 - The flavor is spot-on, with a pure, sweet taste from the low-carb sweetener that isn't artificial at all. Topped with a dollop of Greek yogurt and fresh berries, it feels like a truly indulgent treat that I can feel good about eating.
 - My biggest tip is to not open the air fryer during the baking process! The one time I did, my pavlova cracked significantly. Trust the process and let it cool completely inside the air fryer for the best texture.
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Perfect For:

- A high-protein dessert after a satisfying dinner.

- A stunning centerpiece for a low-carb celebration or holiday meal.
 - A healthier high-protein snack for a special occasion.
 - A creative and impressive dish for anyone following a keto diet plan.
 - A fun weekend baking project that's surprisingly simple.
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Why You'll Love This Recipe:

- **It's a Guilt-Free Indulgence:** You get to enjoy a classic, elegant dessert that is both low-carb and high-protein, allowing you to treat yourself without compromise.
 - **The Air Fryer Magic:** The air fryer makes this recipe incredibly accessible and faster than a traditional oven bake, while still delivering that perfect crispy-yet-chewy texture.
 - **It's Visually Stunning:** A beautiful pavlova is a showstopper. This recipe lets you create a gorgeous dessert that looks like you spent hours in the kitchen.
 - **It's Surprisingly Simple:** With just a few key ingredients and the right technique, this recipe is achievable for bakers of any skill level.
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Common Mistakes to Avoid:

1. **Opening the Air Fryer During Baking:** This is the biggest cause of a collapsed pavlova. The sudden change in temperature causes the delicate structure to crack and fall. Resist the urge to peek!
 2. **Under-Whipping the Egg Whites:** The egg whites must be whipped to stiff, glossy peaks. If they are too soft, the pavlova won't have the structure to hold its shape and will collapse.
 3. **Not Cooling it Slowly:** Letting the pavlova cool completely inside the air fryer (with the door closed) is crucial. Moving it to a cool countertop too quickly can cause it to crack from thermal shock.
 4. **Using the Wrong Sweetener:** Not all low-carb sweeteners are created equal. Erythritol and monk fruit blends work best. Avoid using liquid sweeteners, as they add too much moisture and can ruin the texture.
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Required Equipment:

- Air Fryer: The star of the show, providing a compact, circulating heat source for an even bake.
 - Stand Mixer or Electric Hand Mixer: Essential for whipping the egg whites to the perfect stiff and glossy consistency.
 - Mixing Bowl: A clean, dry glass or metal bowl is crucial for whipping egg whites successfully.
 - Spatula: For gently folding in the vinegar and vanilla without deflating the egg whites.
 - Parchment Paper: Makes it easy to shape the pavlova and transfer it to and from the air fryer without sticking.
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Storage Instructions:

- Refrigerator: Store leftover pavlova in an airtight container in the refrigerator for up to 2-3 days. The texture will soften over time, so it's best enjoyed fresh. Keep it away from strong-smelling foods.
 - Freezer: Freezing a baked pavlova is not recommended, as it will become soggy upon thawing. However, you can freeze the baked and cooled meringue shell for up to 1 month. Wrap it tightly in plastic wrap and then in foil. Thaw at room temperature before topping and serving.
 - Ideal Containers: Use a large, rigid airtight container to avoid crushing the delicate shell.
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Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 45-50 minutes
- Total Time: 1 hour 5 minutes (plus cooling time)
- Servings: 4
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): Approximately 90-110 calories. This is an estimate and will vary based on the specific sweetener and toppings used.

Short 3 lines para for description

This Air Fryer Pavlova is a low-carb, high-protein twist on a classic dessert. It delivers a perfect crispy shell with a soft, marshmallow center. Topped with fresh berries and Greek yogurt, it's a guilt-free indulgence for any occasion.

□ Ingredients:

- 3 large egg whites, at room temperature
 - ½ cup granulated erythritol or monk fruit sweetener
 - ½ teaspoon white vinegar or lemon juice
 - ½ teaspoon vanilla extract
 - 1 pinch of salt
 - For Serving (Optional): Sugar-free whipped cream or Greek yogurt, and fresh berries.
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Directions:

1. Prepare the Air Fryer: Preheat your air fryer to 300°F (150°C) for 5 minutes. Line the air fryer basket with a piece of parchment paper.
2. Whip the Egg Whites: In a clean, dry mixing bowl, beat the egg whites and salt with a stand or hand mixer on medium speed until soft peaks form.
3. Add Sweetener: Gradually add the sweetener, one tablespoon at a time, while continuing to beat on high speed. The mixture should become thick, glossy, and form stiff, shiny peaks. This is a crucial high protein cooking tip for structure.
4. Add Flavorings: Gently fold in the vinegar and vanilla extract with a spatula until just combined. Be careful not to deflate the mixture.
5. Shape the Pavlova: Spoon the meringue onto the prepared parchment paper in the air fryer basket. Use the back of a spoon to shape it into a circle, creating a slight indentation in the center.
6. Bake: Place the basket in the air fryer and reduce the temperature to 275°F (135°C). Bake for 45-50 minutes. Do not open the air fryer during this time. The pavlova is done

when the outside is dry and crisp and it lifts off the parchment paper easily.

7. Cool: Turn off the air fryer and leave the pavlova inside, with the door closed, to cool completely for at least 1 hour. This slow cooling prevents cracking.
 8. Serve: Once cooled, carefully transfer the pavlova to a serving plate. Top with Greek yogurt or sugar-free whipped cream and fresh berries just before serving.
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Nutrition Facts (Per Serving – Approximate):

- Calories: 95 kcal
- Fats: 0.1 g
- Cholesterol: 0 mg
- Sodium: 55 mg
- Potassium: 45 mg
- Total Carbohydrates: 2.5 g
- Fiber: 0 g
- Net Carbs: 2.5 g
- Sugars: 0.5 g
- Protein: 2 g
- Calcium: 5 mg

(Note: Nutrition facts are for the pavlova base only and do not include toppings.)

Notes:

- Storage: Best enjoyed the day it's made. Store leftovers in an airtight container in the fridge for up to 2 days.
- Reheating: Not recommended. This dessert is meant to be enjoyed at room temperature or chilled.
- Allergy Notes: This recipe contains eggs. Ensure all equipment is free from any traces of fat or yolk for the best meringue.
- Flavor Boosts: Add a teaspoon of cocoa powder for a chocolate pavlova, or a pinch of cinnamon for a warm flavor. Top with a drizzle of sugar-free chocolate sauce.