

# Fruit Pavlova

**IDDSI Level 5**

**Dessert**

**Recipe source:** Beyond The Blender Dysphagia Cookbook

**Time to make:** 20 mins

**Servings:** 6

## Dietitian's Top Tips:

To add extra protein, swap whipping cream for low-fat Greek yoghurt - this is higher in protein and lower in sugar.

## Ingredients:

250g mini meringues  
(shop bought)  
200ml whipping cream  
Handful of ripe strawberries  
(seeds removed)  
1 kiwi fruit (seeds removed)  
1 banana  
Honey (optional)



## Instructions:

- Place meringues in a zip lock bag and seal. Use your fist to crush meringue into fine crumbs.
- Whip cream to thick consistency.
- Blend strawberries, kiwi and banana separately in a blender into a minced consistency no larger than 0.5cmx0.5cm.
- Stir crushed meringue into cream until well mixed.
- Spoon a dollop of cream mixture across serving plates.
- Layer fruits evenly over the top of cream mixture and serve.
- Add a dash of honey (to serve optional).

## Tips:

- Try using other fruit such as mango, blueberries, raspberries etc.