Blueberry & elderflower pavlova

Indulge in this delicious dessert without the stress of it causing a grumbling gut.

This blueberry and elderflower pavlova is super easy to make thanks to its shop bought meringue base, plus it's sure to be a hit amongst the pudding-lovers around the table!

Makes 6 portions. Nutritional information per portion: 276 Kcal, 1.5g protein, 21g sugar, 17.5g fat.

Ingredients

Shop bought meringue base	
Frozen blueberries	400g bag
Diluted elderflower cordial	70ml
Lactose free mascarpone cheese	1 tub

Suitable for a lactose free diet using lactose free mascarpone, and a gluten free diet – be sure to check food labels to ensure ingredients like the cheese and meringue are gluten free prior to purchase.

Instructions

1. Defrost the blueberries as per the packet instructions.
2. Add the elderflower cordial (check that it's gluten free) to the lactose free mascarpone cheese and mix well.
3. Add the mixture to the meringue base.
4. Pile the defrosted blueberries on the top of the dessert.
5. Place in the fridge until ready to serve.

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A donation to Guts UK could help us to provide information and support to people affected by digestive conditions when they need it most, or fund life-changing research that leads to earlier diagnosis, kinder treatments and ultimately, a cure. With new knowledge, we will end the pain and suffering for the millions affected by digestive conditions and symptoms.