

# Valentine's Day Heart Pavlovas

**Prep Time:** 15 minutes

**Baking Time:** 70 minutes

**Cooling Time:** at least 4 hours (preferably overnight)

**Servings:** about 6 small heart pavlovas

## Ingredients

### For the Pavlova Hearts:

- 2 egg whites (about 70 g / 1/4 cup)
- 100 g (1/2 cup) granulated sugar
- 5 g (1 tsp) cornstarch
- 1 pinch salt
- Pink gel food coloring (optional)

### For Filling & Topping (optional):

- 200 ml (3/4 cup + 2 tbsp) heavy whipping cream
- 20 g (2 tbsp) powdered sugar
- Fresh berries or fruit
- Jam, lemon curd, or vanilla pudding

## Directions

1. Preheat oven to 100°C (210°F). Line a baking tray with parchment paper.
2. Whip egg whites with a pinch of salt until soft peaks form.
3. Mix sugar and cornstarch. Slowly add to the egg whites while whipping until glossy and stiff peaks form.
4. If desired, gently fold in a small amount of pink gel food coloring.
5. Transfer meringue to a piping bag and pipe heart shapes onto the tray, piping the edges twice to create a raised border.
6. Bake for about 70 minutes until dry to the touch but still pale.
7. Turn off the oven and leave the pavlovas inside for at least 4 hours or overnight to cool and dry completely.
8. Fill just before serving with whipped cream, berries, fruit, pudding, or jam.