

# Raspberry friands



## Raspberry friands

**Preparation** about 15 minutes

**Cooking** about 30 minutes

**Makes** 10

175g butter

1 cup ground almonds

1<sup>2</sup>/<sub>3</sub> cups icing sugar

1/3 cup plain flour

1 tbs self-raising flour

5 egg whites

125g fresh raspberries

Extra icing sugar, for dusting

1. Preheat oven to 230°C. Grease 10 friand moulds (or a muffin pan). Melt butter in a small saucepan over low heat for 5-8 minutes until light golden. Remove from heat and set aside to cool.
2. Place ground almonds in a large bowl. Sift in icing sugar and flours. Stir to combine. Stir in egg whites. Strain cooled butter into mixture and stir until well combined. Swirl through half the raspberries.
3. Spoon mixture into prepared pans. Top with remaining raspberries. Bake for 5 minutes. Reduce oven to 200°C and bake for a further 15–20 minutes until pale golden and firm. Remove from oven to cool for 10 minutes. Loosen edges with a knife. Turn onto a wire rack to cool. Dust with icing sugar to serve.



### Raspberries

- A good source of dietary fibre which helps keep the intestine functioning.
- A top source of vitamin C which is important in the body's defence against illness.
- Provide some folate (important for heart health) and small quantities of iron (needed for making red blood cells.)