

Blueberry friands



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Preparation: about 20 minutes
Cooking: about 30 minutes
Serves: 8

These friands are best made the day before serving.

175g butter
1 cup ground almonds
1 ½ cups icing sugar + extra to serve
1 tbs self-raising flour
½ cup plain flour
5 egg whites (at room temperature), lightly beaten
125g blueberries

1. Preheat oven to 230°C/210°C fan-forced. Line 8 holes of a ½ cup capacity muffin pan with paper baking cases.
2. Melt butter in a small saucepan over low heat, swirling pan occasionally, for 5-8 minutes until light golden. Remove from heat and set aside to cool.
3. Place almonds into a large bowl. Sift over icing sugar and flour. Stir to combine. Gently fold in egg whites until well combined. Strain the cooled butter into egg white mixture. Using a large metal spoon, stir until combined. Fold through half the blueberries. Spoon mixture into paper baking cases. Top with remaining blueberries. Bake for 5 minutes. Reduce oven to 200°C/180°C and bake for a further 15-20 minutes until pale golden and firm. Remove and cool slightly. Transfer to a wire rack to cool completely and serve.



Blueberries and health benefits to kids

- A good source of vitamin C which is important for healthy gums.
- A good source of dietary fibre, which is often low in kids' diets and is important for a healthy intestine.
- The natural purple pigments act as antioxidants, which may boost the body's level of these protective compounds.



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