Natalie’s Lemon and Cherry Friands

Ingredients

6 egg whites

185g butter, melted

1 cup (120g) ground almonds

1½ cups (240g) icing sugar

½ cup (75g) plain flour

¾ cup (100g) dried cherries (or cranberries)

1 tbsp finely grated lemon rind

1 tbsp lemon juice

Method

1. Preheat the oven to 185ºC fan oven and grease 12 hole 125 ml oval friand pan or silicone muffin tin.
2. Place egg whites in a medium bowl, whisk lightly with fork until combined. Add melted butter, almonds, sifted icing sugar and flour, berries, rind and juice; stir until combined.
3. Divide mixture among pan holes. I use an ice cream scoop with a spring scraper to an equal amount in each. The mixture is quite runny.
4. Bake for about 20 minutes, they should be quite pale, with golden edges. Stand friands for 5 minutes, before turning out, topside up onto a wire rack to cool.
5. Serve lightly dusted with sifted icing sugar.
6. Can be frozen or stored in an airtight container for up to 3 days.

Yield – 12

Per friand approximately 18g fat, 312 cals.