

Raspberry Almond Friands

These light, luscious morsels taste every bit as good as their high GI counterparts.

5 egg whites
½ cup caster sugar
½ cup *Splenda*, *Perfect Sweet* or extra
½ cup caster sugar
1 cup white spelt flour
1 cup ground almonds
2 tbsp lemon zest, grated
1 tsp vanilla essence
120g non-dairy spread, melted
150g fresh raspberries (or frozen and
thawed)
Icing sugar

Option

Replace ground almonds with ⅓ cup hazelnut meal, ⅓ cup psyllium husks and 1 tbsp lecithin.

Preheat oven to 180°C. Oil a 12-cup friand or muffin tray. Beat egg whites in a medium bowl until soft peaks form. Gradually beat in caster sugar and *Splenda* until it is like meringue. Sift the flour into a large mixing bowl. Stir in the ground almonds, lemon zest and vanilla. Fold in the melted non-dairy spread, and then gently mix in 100 grams of the raspberries. Fold carefully into the meringue mix. Spoon mixture into friand cups until two-thirds full. Divide remaining raspberries between friands, pushing into mix until covered. Bake for 18 minutes until golden and an inserted skewer comes out cleanly. Stand for 5 minutes, before turning out onto a wire rack. Dust sparingly with icing sugar.

Makes 12

Cook's Note

Cooked friands freeze well. After thawing, warm in oven to slightly crisp the outside.

