

Raspberry Friands (SCD)

Preparation Time: 10 min

Cooking Time: 25 min

Servings: 12

Ingredients

2½ cups Almond Meal

1 cup Chestnut flour

¾ tsp Salt

1 lime

200g Ghee

¾ cup Honey

7 Large eggs, separated

100g Raspberries



Method

Preheat the oven to 165C.

Use a small amount of ghee to grease a 12 hole friand tin.

Mix the flour, almond meal and salt in a large bowl. Finely grate the lime and add the rind to the flour mixture. Reserve the grated lime for another use.

Melt the ghee in a microwave and add to the flour mixture. Add the honey and stir to combine.

Lightly beat the egg whites using an electric mixer. The mixture should be frothy, not stiff.

Lightly fold the egg white into the batter mixture until it is just incorporated.

1/3 fill the holes in the friand tin with the batter. Add four or five raspberries to each friand and then cover with the remaining mixture.

Bake for 25 minutes or until a skewer inserted into the centre of the cake comes out clean.

Allow to cool slightly and then turn out onto a wire rack to cool completely.

Variations: This recipe works perfectly well with other berries such as blueberries.