

Berry Friands (gluten free)



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This recipe is an example of sweet baking that pairs beautifully with tea. We enjoy these friands served with either pure white tea or alternatively a black tea such as an Earl Grey.

Ingredients

2-3 tbsp butter, melted
170 gms butter
6 large egg whites
1 cup ground almonds
1 ½ cups icing sugar, gluten free
½ cup gluten free flour mix ******(see note at end of recipe)
½ tsp baking powder, gluten free
about 1 cup berries e.g. fresh or frozen blueberries, raspberries, sliced strawberries
Zest of one lemon (optional)



Method

Preheat oven to 175 degrees Celsius.
Prepare a 12 hole friand tin by greasing well with the first measure of butter.
Melt the second measure of butter and set aside.
Place egg whites in a mixing bowl and whisk until frothy.
Add the ground almonds, icing sugar, the sifted flour mix, baking powder and finally the melted butter and lemon zest.
Whisk well to make a smooth batter.
Transfer mixture to a jug and pour into the friand holes. This is the easiest way to do this.
Arrange berries on top of each friand.
Bake for 20 - 25 minutes until lightly golden.
Leave to cool for 10 minutes before turning out onto a wire rack to cool.

We suggest serving with freshly whipped cream or yoghurt alongside your preferred cup of Stir Tea.

****** This recipe is from my go to recipe book for Gluten free cooking and baking called: Goodbye Gluten, written by New Zealander, Sally Holland. The book contains a beautiful selection of sweet and savoury recipes for everyday and special occasions.

You will find Sally's gluten free flour recipe shared on her website: <https://goodbye gluten.co.nz/gluten-free-flour-mix.html>