

PREP: 20 min
COOK: 20 min
SERVES: 12

Gluten Free Raspberry Friands

Perfect with a warm cuppa, these easy friands are a classic afternoon tea treat. Don't have a friand pan? This recipe also works perfectly in a muffin tin.

Ingredients

160g unsalted butter, melted and cooled

cup (100g) gluten free plain flour, sifted

1 cup (250g) icing sugar, sifted

1 cup (100g) ground almonds, sifted

6 large egg whites

1 tsp Queen Natural Almond Extract

3 tsp Queen Vanilla Bean Paste

1 cup (125g) fresh or frozen raspberries

½ cup (60g) flaked almonds

Cream to serve

Method

STEP 1

Preheat oven to 170°C (fan forced). Grease a 12 hole friand or cupcake tin with butter.

STEP 2

Combine flour, icing sugar and almond meal in a large bowl.

STEP 3

In another whisk egg whites until frothy. Gently mix the frothy egg whites into the flour mixture.

STEP 4

Add melted butter, Almond Extract and Vanilla Bean Paste and mix until incorporated.

STEP 5

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Method

Fill each friand 2/3 full. Place 3-4 raspberries and a sprinkle of flaked almonds on top of each friand. Bake for 20-25 minutes, until golden and a inserted skewer comes out clean.

STEP 6

Allow to cool for 5 minutes in tin before removing to a wire rack to cool completely. Serve the friands warm with a dusting of icing sugar and a dollop of cream.

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