



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  
 1 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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