



# Blueberry friands

by Alannah & Madeline Day  
Ambassador, Anna Simon



## Ingredients



- 1 1/2 cups icing sugar
- 1 1/2 cups almond meal
- 1/2 cup plain flour
- 180g butter, melted
- 1 teaspoon vanilla bean paste
- 6 egg whites
- 120g frozen blueberries
- 1 teaspoon baking powder
- Rind of 1 lemon
- Juice of 1/2 lemon
- Silvered almonds for the top

## Method:

1. Preheat oven to 160°C.
2. In a large bowl, combine icing sugar, almond meal, flour, baking powder, butter, vanilla bean paste, egg whites, lemon rind, and lemon juice. Mix well.
3. Gently fold in the blueberries, being careful to keep their shape.
4. Divide the mixture evenly into a buttered and floured friand tin. If you don't have a friand tin, a cupcake tin works perfectly. Top with slivered almonds.
5. Bake for 25–30 minutes or until a skewer inserted comes out clean.
6. Cool in the tin for 5 minutes before transferring to a wire rack. Once cooled, sprinkle generously with icing sugar before serving.



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