

# Simmonds Tyres

**BRIDGESTONE**



## GLUTEN FREE BERRY FRIANDS

Georgia was diagnosed last year as being coeliac so it's meant a few adjustments in her way of eating. She loves experimenting and has found this friand recipe from **Sally Holland's Goodbye Gluten** recipe book.

### Ingredients

2-3 tbsp butter, melted  
170g butter  
6 large egg whites  
1 cup ground almonds  
1 ½ cups icing sugar gluten free  
½ cup gluten free flour mix  
½ tsp baking powder, gluten free  
About 1 cup berries, e.g. fresh or frozen blueberries, raspberries, sliced strawberries

### Method

Preheat oven to 175 deg Celsius.

Prepare a 12 hole friand tray or muffin tray by greasing well with the first measure of butter.

Melt the second measure of butter and set aside.

Place the 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. 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.

Bake for 20-25 minutes until lightly golden. Leave to cool for 10 minutes before turning out onto a wire rack to cool.