

Raspberry Almond Friands

Time to make: about an hour

Bake at: 350°

Yield: 12 friands

Pairs well with a nice, strong cup of coffee

Ingredients:

1 ¼ sticks unsalted butter

2 cups powdered sugar

¾ cup all-purpose flour

1 cup almond flour

Dash of salt

6 egg whites

2 teaspoons pure vanilla extract

36 ripe raspberries

¼ cup thinly sliced almonds



Instructions:

- Preheat the oven to 350°
- Melt the butter in a saucepan on your stovetop, then brush your muffin tin(s) with some of the melted butter. Put the muffin tin into the fridge for 2-3 minutes, then brush over the tin(s) once more with butter. Store the buttered tin(s) in the fridge for the rest of your prep time.
- If you would like to use a traditional friand pan, you can find one here on Amazon (they are a bit more like ovals than muffins, traditionally): [Friand Pan](#)
- Sift the sugar and the flour together into a large mixing bowl (now this is a step I usually skip, but seriously take the time to do it...it just makes the batter so deliciously smooth)
- Add the almond flour and a dash of salt then mix until everything is evenly distributed
- In a different bowl, use a hand whisk to beat the egg whites until they are a bit on the fluffy side - no need to make soft peaks or anything - just go at it for 2-3 minutes
- Stir the fluffed whites into the flour/sugar mixture until well-combined, then add the melted butter and vanilla. Mix it all together until smooth.
- Put approximately ¼ cup of the batter into each section of the muffin tin (or friand pan), then push 3 raspberries into each friand, leaving just the tip showing.
- Add a smattering of sliced almonds to the top and gently press them into the batter (only ever-so-slightly)
- Bake at 350° for 25 minutes or until the friands are golden brown. Allow them to cool for a bit before trying to take them out, then finish cooling them on a wire baking rack.