

One of the recipes from Rosalina's Treasured Treats - By Kendall Talbot



Macadamia and Salted Caramel Friands

Ingredients

- 5 large egg whites
- 220 grams soft brown sugar
- 185 grams butter melted. Plus extra melted butter for greasing friand moulds.
- 125 grams almond meal
- 1 tablespoon vanilla extract
- 1 level teaspoon of sea salt
- 75 grams of plain flour, sifted
- 50 grams of macadamia nuts, roughly chopped

Method

1. Preheat oven to 180 degrees Celsius. Brush friand moulds with melted butter.
2. Whisk egg whites lightly until amalgamated.
3. Thoroughly stir in sugar, to ensure all lumps are gone.
4. Mix in butter, almond meal, macadamia nuts, vanilla and salt.
5. Sift in the flour and fold in lightly.
6. Spoon mixture into moulds. Place filled tins onto a tray and place in the centre of the preheated oven.
7. Bake for 20-25 minutes until golden on top and springy to the touch.
8. Stand in moulds for a minute or two before turning out.

These are yum, yum, yummy. Delicious warm with a cup of tea.



Check out my website for more great recipes from Rosalina's Treasured Treats
www.kendalltalbot.com.au