



Low FODMAP Lemon Raspberry Friands

Serves: 12

Prep: 20 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
Icing sugar	200 g	7.05 oz
Almond meal	160 g	5.62 oz
Cassava flour	100 g	3.52 oz
Zest of 1 lemon		
½ tsp salt		
Egg whites (approx 6 eggs)	180 g	6.35 oz
Butter	200 g	7.05 oz
½ tsp vanilla extract		
24 raspberries		

Method

1. Pre-heat the oven to 180°C /350°F or 160°C fan forced.
2. Grease a 12-hole friand or muffin tin.
3. Combine the icing sugar, almond meal, cassava flour, lemon zest and salt in a large mixing bowl.
4. In a separate bowl, whisk the egg whites until they become white, light, and just at the soft peak stage.
5. Gently fold the whisked egg whites into the dry mixture, followed by the melted butter and vanilla extract.
6. Divide the batter evenly between the friand or muffin tin holes, filling them about ¾ full. Then place 2 raspberries on top of each friand.
7. Bake in the pre-heated oven for 20 minutes, then remove from the oven.
8. Let them cool in the tins for 10 minutes, and then transfer to a wire rack to finish cooling.
9. Before serving, dust the friands with icing sugar.

Hints

Not sure what to do with the left over 6 egg yolks? Try making your own [custard](#), which goes great with these friands!

Nutrition Information (per serve)	
Energy	1275 Kj / 305 cal
Protein	4.9g
Carbohydrates	24.4g
Sugar	17.6g
Total Fat	21.1g
Saturated Fat	9.4g
Fibre	1.6g