

Cherry Friands

Friands are extremely easy to make and are good this time of the year made with fresh berry fruits.

The New Zealand cherry has always been a treat at Christmas and these little cakes made with cherries will have a nice 'touch of Christmas' look with a minimum of effort, they will keep well in an air tight tin for 5days.

30 fresh cherries (alternatively 1 tin of canned cherries)

½ cup castor sugar (85g)

¼ cup flour (35g)

½ cup ground almonds (40g)

¼ cup desiccated coconut (20g)

4 egg whites

100g melted butter

If you have a cherry stoner remove the stone from the cherries and cut each into half, if not cut each cherry into half and flick out the stone.

Mix the dry ingredients, and fold in the egg whites, then the melted butter, spoon the mix into the smallest muffin tins you have, or the special little friand moulds now widely available which are slightly oval in shape. They should be $\frac{3}{4}$ filled, place four cherry halves in each and bake at 180 for around 20minutes, turn out and let cool, dust with a little icing sugar when serving.

Also good with blueberries, raspberries etc.