



Orange and poppy seed friends

Serving size: Serves 10 or more

Cuisine type: [French](#)

INGREDIENTS

½ cup (75g) plain flour
1½ cups (240g) soft Icing sugar mixture or, icing sugar, sifted
1 cup (125g) almond meal
2 tablespoons poppy seeds
Zest of 1 orange
6 egg whites, beaten lightly
150 g melted butter, cooled

METHOD

Preheat oven to 180°C or 160°C fan-forced. Lightly grease 12 friand moulds.

Sift the flour and icing sugar into large mixing bowl. Stir in almond meal, poppy seeds and orange rind.

Stir in egg whites and melted butter.

Divide mixture among prepared pans (approx ¼ cup mixture into each one).

Bake in preheated oven 25 minutes until cooked through and golden brown (when a skewer is inserted into centre, it should come out clean).

