

Mango Friands



A friand with tropical flavours, perfect after dinner with a cup of tea.

Ingredients

- 1 mango, chopped
- 1/2 lime, zested and juiced (about 1 tbsp)
- 1 cup plain flour, sifted
- 1 cup almond meal
- 1/4 cup shredded coconut
- 1/2 tsp baking powder
- 3/4 cup icing sugar, sifted
- 175 g butter, melted and slightly cooled
- 5 egg whites, whisked till frothy

Method:

1. Preheat the oven to 180°C.
2. Grease and flour friand tins.

3. In a small bowl, add the mango, lime zest and juice together.
4. In a larger mixing bowl, add the sifted flour, almond meal, shredded coconut, baking powder and icing sugar. Combine with a whisk then stir in the melted butter followed by the egg whites. Mix well.
5. Fill prepared tins with the batter, then add the mango lime mix. Bake in the oven for 20-25 minutes or until golden and cooked through.