

# Nectarine and Raspberry Friands

Serves: 32 tastings



**From the garden:** Nectarine & egg

<b>Equipment:</b> <ul style="list-style-type: none"><li>• Kitchen Aid mixing bowl</li><li>• Small bowl x 1</li><li>• Wooden spoon x 1</li><li>• Chopping boards and knives</li><li>• Measuring cups</li><li>• Measuring spoons</li></ul>	<b>Ingredients:</b> <ul style="list-style-type: none"><li>4 eggs</li><li>1 <math>\frac{3}{4}</math> cup sugar</li><li>1 x 300ml bottle thickened cream</li> <li>1 <math>\frac{1}{2}</math> cup plain flour</li><li>1 x 150g packet almond meal</li><li>2 teaspoons baking powder</li> <li>7 nectarines (chopped)</li><li>1 cup frozen raspberry</li></ul>
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## Method:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. In a small bowl, mix together nectarines and raspberry. Set aside.
4. In the Kitchen Aid mixing bowl, beat together egg, sugar and cream until slightly thickened, about 3 minutes.
5. Fold in flour, almond meal and baking powder.
6. Spoon mixture into silicone muffin pans, about half full and top with one spoonful of fruits.
7. Bake for 20 minutes or until golden brown.
8. Serve into 5 serving plates.