

# 12 Lilly Pilly friandes



**This activity kit contains:**

1. Make and do activity steps 1 - 5

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**Things you need:**

**Ingredients:**

- 200g butter
- 8 egg whites
- 70g plain flour
- 280g icing sugar
- 170g almond meal
- 36 Pitted Lilly pilly fruit

**Equipment:**

- saucepan
- wisk or fork
- mixing bowl
- spoon
- sieve
- friande or cupcake tray

**1** Preheat your oven to 190 degrees C. For a fan forced oven preheat to 170 degrees C, and melt your butter in a saucepan at a low heat. Leave to cool.



**2** In a big bowl, whisk your 8 egg whites until it's fluffy.



**3** Put the flour, almond meal and icing sugar together into the same bowl. Mix it all up and then mix in the melted butter



**4** Grease your friande tray with butter. Using a large spoon, divide the mixture into the tray. Arrange 2 or 3 pitted Lilly Pilly fruit onto the top of each.



**5** Cook for 25 minutes. They're done when golden on top. Leave to cool for 5 minutes and ease them out gently. Dust with icing sugar.



**6** Lilly Pilly can be substituted with blueberries, raspberries or other fruits.