

## Friands

<http://userealbutter.com/2010/02/21/friands-recipe/>

*slightly modified from Donna Hay's Modern Classics 2*

4 oz. (125g) butter, unsalted  
1 cup almond meal  
1 2/3 cups confectioner's sugar  
3/4 cup flour  
1/2 tsp baking powder  
5 egg whites  
1/2 tsp almond extract (optional)  
1/3 cup raspberries, fresh (or any berries)

Preheat oven to 350°F (180°C). Place butter in a saucepan over low heat and cook until melted and a light golden color. Set aside. Place the almond meal, confectioner's sugar, flour, and baking powder in a bowl and whisk to combine. Stir the egg whites into the dry mix until combined. Pour in the butter and stir until completely combined. Stir in the almond extract (optional). Grease a dozen 1/2 cup capacity muffin tins or tins of any type. I like my square tins better (grease more as needed – Donna says ten in her recipe, but I made 14). Spoon 2 tablespoons of batter into each tin and plop the a few berries on top. Bake 15-20 minutes or until the tops are golden and spring back when you touch them. Makes a dozen (or more).