

Almond Biscotti

3 egg whites
½ cup castor sugar
2/3 cup plain flour, sifted
2 tspn vanilla
70 g almonds, lightly toasted

Whip egg whites in a glass bowl until thick and white. Add sugar gradually, whipping until mixture is thick and glossy. Add sifted flour, almonds and vanilla and mix until combined. Spoon into a lined loaf pan and bake at 170C for about 40 minutes until cooked and slightly coloured on top. Let loaf cool completely then slice as thinly as you can. Place slices on a baking tray and bake at 140C for 6-8 minutes until pale and crisp. Store in an airtight container.

NB. For a Xmas look, add ½ cup glace cherries to the mixture before cooking

Health Facts:

- These biscuits are low in fat – the only fats come from the almonds and are unsaturated "heart friendly" fats