



Almond Bread

Ingredients

- 3 egg whites
- 1/2 cup castor sugar
- 1 cup plain flour
- 250g whole almonds

Makes 50 serves.

Method

Beat egg whites with an electric beater until soft peaks form. Add sugar gradually and beat until dissolves.

Fold in sifted flour and almonds. Spread mixture into a greased log tin.

Bake in a moderate oven for 30 minutes. When cold, wrap loaf in foil and leave for 2 days.

Cut into very thin slices, using an electric knife.

Place slices in a single layer onto oven trays and bake in a slow oven for 35 minutes or until dry and crisp.

Nutritional Guide - Per Serve

Energy: 205kJ
Protein: 1.5g
Fat: 2.8g

Energy: 48.8cal
Carbohydrate: 4.4g



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