

Honeybun's Gluten-Free Amondi Cookies

Ingredients

Product	Quantity
15 dozen Medium Free Range Eggs	4.00 g
Crazy Jack Organic Ground Almonds 100g	400.00 g
Whitworths Granulated Sugar 500g	280.00 g
100ml Orange Oil	4.00 g
Whitworths Icing Sugar 500g	50.00 g
Orange (Finely Grated Zest)	2.00 g
Crazy Jack Organic Whole Almonds 100g	14.00 g
P.H.Foods Organic Premium Ground Flaxseed 175g	50.00 g

Serves: 18

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal	Does Not Contain Gluten	Does Not Contain Milk	Contains Eggs	Does Not Contain Peanuts	Contains Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2	

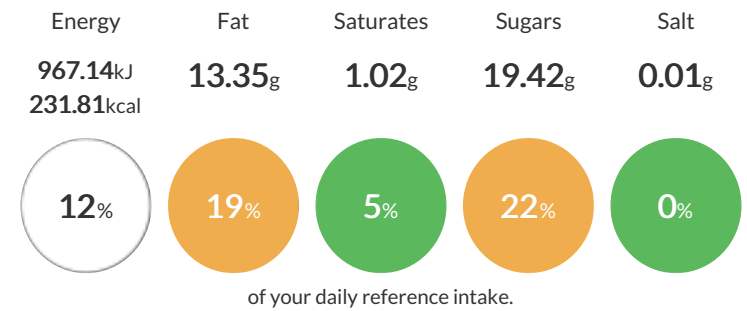
Dietary Information

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Reference Intake

Each serving contains:



Nutritional Summary

Energy	967.14kJ 231.81kCal
Protein	5.34g
Carbohydrates	20.38g
of which sugars	19.42g
Non Milk Extrinsic Sugars	0g
Fat	13.35g
of which saturates	1.02g
Fibre	3.05g
Salt	0.01g
Sodium	0g
Iron	0mg
Calcium	7.08mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Method & Recipe Notes

1. Preheat the oven to 180°C/350°F/Gas 4. Cut a piece of baking parchment to line the bottom of a large baking sheet. 2. Put the egg whites into a large clean mixing bowl and whisk with an electric mixer until they form stiff peaks. 3. Add the ground almonds, sugar, flax seeds, orange oil and orange zest and beat using an electric mixer at low speed until you have a sticky dough. 4. Dust your hands with icing sugar and divide the dough into 14 equal portions. Roll into balls and roll these in the icing sugar, then place on the baking sheet. The cookies will spread as they bake, so make sure you leave plenty of space between them. 5. Using the palms of your hands, squash each cookie to a disc about 1 cm^{1/2} in thick. Place a whole almond in the centre of each cookie and push it in gently. 6. Bake for 15-18 minutes, until lightly golden on top and mid-golden underneath: use a fish slice to check the bottom of a cookie after 15 minutes. 7. Leave on the baking sheet for 5-10 minutes, then transfer to a cooling rack. When cold, Amondi should be firm and chewy, but not hard.

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