



Fairtrade Amaretti Biscuits

The chewy texture and nutty aroma of the biscuits are delectable. They are very easy to make and look super impressive. They are also **gluten free**. Makes 15 to 20 biscuits.

Ingredients

180g Tropical Wholefoods Fairtrade Apricot Kernels
120g caster sugar
Grated zest of 1 lemon
½ tsp almond extract
1 pinch salt
2 egg whites
1 tbsp honey
50g flaked almonds
Icing sugar

Method

- 1) Preheat the oven to 160C/325F/gas mark 3.
- 2) Grind the Tropical Wholefoods Fairtrade Apricot Kernels in an electric grinder to a powder.
- 3) In a bowl, mix together the ground kernels, caster sugar, lemon zest, almond extract and salt. Rub everything together with your fingertips to disperse the zest and extract evenly.
- 4) Whisk the egg whites and honey until firm peaks form. With a large metal spoon, gently fold the meringue into the apricot kernel and sugar mix, to get a soft, malleable paste.
- 5) With your hands, roll the paste into 20g rounds. Flatten them a little, roll in a plate of flaked almonds to cover, then roll in plenty of icing sugar.
- 6) Put on a baking tray lined with greaseproof paper and bake for 14 to 18 minutes. They should turn a very light golden colour, but stay relatively pale and chewy in the centre. Leave to cool completely before storing in a sealed jar or tin.

