ALMOND PETIT FOUR

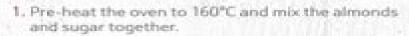
110g/4oz ground almonds 85g/3oz caster sugar 2 egg whites 5ml/1tsp almond essence Rice paper

For the decoration

Split almonds and glace chemies

For the glaze

15ml/1tbsp caster sugar dissolved in 30ml/2tbsp milk



- Whisk the egg whites stiffly; fold in the almonds, sugar and almond essence.
- Put the mixture into a piping bag with a star nozzle. Pipe small stars onto a rice paper lined baking sheet. Decorate if desired.
- 4. Bake for 15-20 minutes until a pale golden colour.
- 5. Brush with the glaze.









Low Fat Petite Four Recipe

ML Morrison

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