

# 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 glacé cherries

## For the glaze

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

1. Pre-heat the oven to 160°C and mix the almonds and sugar together.
2. Whisk the egg whites stiffly; fold in the almonds, sugar and almond essence.
3. 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.



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# Low Fat Petite Four Recipe

**ML Morrison**

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