

# Lemon and Pineapple Friands

## Ingredients

<u>Cakes</u>	<u>20 Cakes</u>	<u>40 Cakes</u>	<u>60</u>
Butter	400g	800g	1200g
Icing Sugar	450g	900g	1350g
Plain Flour	400g	800g	1200g
Egg Whites	12	24	36
Lemons – zest only	2	4	6
Diced Pineapple Fresh or tinned	100g	200g	300g

## Method

- Set out oval silicone moulds onto trays – 3 onto small trays
- Melt the butter
- Mix together icing sugar, flour, and lemon zest
- Whisk up the egg whites so frothy
- Add the egg whites and the melted butter to dry ingredients and mix well
- Divide between the moulds, fill until just below the top, 75g each
- Top each cake mix with the diced pineapple
- Bake for 25 mins at 180c

