

# **SUPER HEALTHY RECIPE IDEAS**

## **APRICOT AND ALMOND CAKES**

Gluten free

Grain free

50g ground almonds

75g besan flour

1 tablespoon (16g) skim milk powder

1 teaspoon baking powder

$\frac{3}{4}$  teaspoon guar gum

125g butter

125g sugar

2 eggs

40g dried apricots (if apricots really dry – soak in water) chopped

Cream the butter and the sugar, add eggs one at a time beating well. Sift the flour, guar gum and baking powder. Add the flour mixture, skim milk powder, ground almonds and finally the chopped apricots. I decorate these with a few flaked almonds on the top.

Don't forget to spray muffin tins really well. Besan flour knows how to stick like no other flour!

Bake 175deg C for 17mins.

This recipe provided to you by Judy O'Reilly of Petals Provisions... You can contact Judy regarding her gluten-free, sugar-free and dairy-free recipes, products and catering service at [judy\\_dan@bigpond.net.au](mailto:judy_dan@bigpond.net.au)