

Apple and Strawberry Friands

These friands are a lovely blend of fruit and coconut flavours. Absolutely delightful to eat and look sensational.

Prep: 25 mins **Cook:** 15-20 mins **Serve:** 12

Use 2 SiliconWare 6 cup deep friand pans

Friand mix - Ingredients

- 75gm unsalted soft butter
 - ½ cup caster sugar
 - 1 cup plain flour
 - 1 tsp baking powder
 - 1 lightly beaten egg
 - ½ cup milk
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- apple puree (2 tubs x140 gm)
 - strawberry puree (2 tubs x140 gm)



Coconut topping mix - Ingredients

- 1/2 cup dessicated coconut
- 125gm unsalted melted butter
- 1/4 cup brown sugar

Combine ingredients in a medium bowl.

Method

1. Pre heat oven to 160°Celsius(fan forced).
2. Place greased friand pans on to baking trays.
3. Beat butter with sugar until light and fluffy.
4. Pour in egg and continue beating, add milk and mix through.
5. Sift in flour and add baking powder and lightly fold through.
6. Fill each friand cup about one third-halfway.
7. Top with 1tbs of apple puree and 1tbs of strawberry puree.
8. Top each cup with coconut topping mix.
9. Position trays so one is to left and other is to right in center of oven.
10. Bake for 15-20 minutes.
11. Remove baking trays from oven and allow friands to cool before inverting pans.
12. Follow cake/muffin handy hints for removal from pans.