



Almond Bread

Provided by Helen Shardey, Shadow Minister for Health, Victoria

'This is one of the easiest recipes to make and was given to me by a constituent. It is a firm family favourite and is low in cholesterol and fat free.'



Ingredients

- 6 egg whites
- pinch of salt
- 250g caster sugar
- 250g blanched almonds toasted
- 180g plain flour

Method

Preheat oven to 160 degrees. Grease and line two small loaf pans.

Beat the egg whites with a pinch of salt to form soft peaks. Gradually add the sugar – giving time for the sugar to dissolve before each addition to form a stiff meringue like mixture.

Using a metal spoon – gently fold in the sifted flour and almonds.

Divide between the loaf pans. Bake at 160 degrees C for 30 minutes. Let the loaves rest, cool and remove from the pans – then wrap and refrigerate overnight.

Remove from the fridge and slice the loaves thinly (3 mm). Place on baking tray and toast until light brown in colour – delicious.