

# Healthier Panellets Almond paste treats

Makes 10-12  
preheat oven to  
160°C / 320°F (fan)  
or  
180°C / 350°F (static)



1/2 small - medium free-range egg

1 Beat egg then divide.

A bit less than half (20g) for later

A bit more than half (30g)



Grated lemon or orange zest 1 tsp

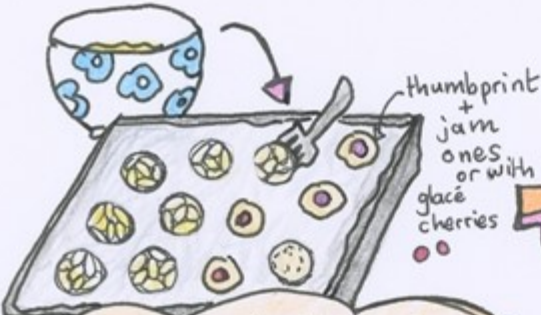
Medium sized bowl

ground almonds 75g to 150g / 1 1/2 cups

2tbsp pure maple syrup 40g or honey

2 Stir egg (30g) + other ingredients to make soft almond paste. If too soft add more ground almond. If too dry add more egg.

Start with lesser amount of ground almonds.



Thumbprint + jam ones or with glacé cherries

6 Place on baking tray lined with baking paper. Brush with egg.



7 Bake 13-16 minutes until light golden brown.



About 10-12g each

3 Roll 10-12 balls (maybe more) between your palms.

Add different flavourings or coconut, candied orange peel, etc. to a few to make a variety.



pine nuts About 75g / 1/2 cup

5 Carefully press in the pine nuts or chopped almonds, coconut, etc.



4 Cover in beaten egg.