



Gluten free frangipane with cherries

15'
Hands on

50'
Cook Time

8-10
Portion(s)

2
Difficulty



Ingredients

- 280 g cherries, whole
- 600 g cherry juice
- 80 g gluten-free flour
- 180 g almond, ground
- 80 g coconut butter
- 3-4 tablespoon(s) water, for brushing
- 270 g almond, ground
- 150 g honey
- 70 g almond milk
- 20 g ground coconut
- 2 teaspoon(s) almond extract
- 5 eggs

To serve

- 40 g almond slivers

Method

- Remove the pits from the cherries and cut in half.
- Place a [pot](#) over medium to high heat. Add the cherry juice and 250 g of cherries.
- Boil for 10 minutes to make a syrup.
- Transfer mixture to a blender and beat for 2 minutes.
- Preheat oven to 180* C (350* F) Fan.
- In a [bowl](#), add the flour and melted coconut butter.
- In a separate bowl, add the egg with 3-4 tablespoons water, whisk and add to the flour -butter mixture.
- Line the bottom and sides of a 30x25 cm [baking pan](#) with parchment paper.
- Add the mixture into the pan and brush with the egg mixture.
- Bake for 15 minutes, until golden.
- When ready, remove from oven and set aside to cool for 10 minutes.
- In a bowl, add the ground almonds, honey, milk, coconut, almond extract and 3 eggs.
- Mix well for 2 minutes, until all of the ingredients are completely combined.
- Spread the mixture over the sponge cake.
- Bake for 25-35 cm, until nice and golden.
- Serve with 30 g cherries and almond slivers.

Διατροφικός πίνακας

Nutrition information per portion

541 Calories (kcal)	36.0 Total Fat (g)	11.0 Saturated Fat (g)	34.0 Total Carbs (g)
27%	51%	55%	13%
25.0 Sugars (g)	13.0 Protein (g)	7.1 Fibre (g)	0.1 Sodium (g)
28%	26%	28%	2%