

Flourless Lemon Muffin V, GF

Cottage Cheese, Honeycomb Crunch
Allergens – nuts, dairy, sugar, citrus, eggs

Ingredients

For the muffin:

200 g white granulated sugar
200 g unsalted butter, softened
4 large eggs, separated
1 teaspoon vanilla extract
2 tablespoons fresh lemon zest
1 tablespoon fresh lemon juice
250g almond meal
1 teaspoon baking powder
¼ teaspoon salt

For the icing:

160 g icing sugar
2 tablespoons fresh lemon juice
1 tablespoon fresh lemon zest

Method

1. Preheat oven to 180C fan. Grease and line muffin tins with baking paper.
2. Beat the butter and sugar together until light and creamy, then add the yolks, one at a time until fully combined and the mixture looks fluffy.
3. Add the vanilla, zest and juice and beat until incorporated.
4. Mix the almond meal, baking powder and salt together then add to the butter and egg mixture in 3 parts, mixing gently between each addition.
5. Now, whisk the egg whites until soft peak stage. Add 1/3 of the egg whites to the batter and mix through. Add the last 2/3 in 2 parts, but just fold through in gentle, measured folds until all combined. Keep the mixing to a minimum to keep as much air in the mix as possible.
6. Bake for around 15 / 20 minutes until golden on top and a toothpick comes out with just a moist crumb or two.
7. Allow to cool for half an hour before removing from the tins. Transfer to a cake plate and allow to cool completely.
8. For the icing: Mix together the lemon juice and icing sugar, then pour over the cake. Sprinkle with lemon zest.
9. Serve with a ramekin of cottage cheese and honeycomb.