

Meringue Baked Apricots

Ingredients:

- 300g ground almonds
- 2 x 421g tins of apricot halves in juice
- 250g honey
- 3 eggs
- 50g dark chocolate



Method:

1. Preheat the oven to 180 degrees (fan).
2. Drain the juice of the apricots into a bowl and place the apricots into a large baking dish.
3. Add 100g of the honey to the apricot juice.
4. Separate the egg yolks from the whites, put the whites into a mug and add the yolks and ground almonds to the honey/juice mixture.
5. Using an electric whisk, combine the honey/juice/yolks/ground almonds until smooth and then pour the mixture over the apricots.
6. Bake for 25 minutes.
7. Whilst the apricots are baking, whisk the egg whites until stiff.
8. Heat up the remaining honey until boiling before carefully adding to the egg whites.
9. Keep whisking the egg whites/honey mixture until you have a stiff meringue.
10. Remove the baking dish from the oven and spoon the meringue on top.
11. Return the dish to the oven for 5 minutes.
12. Heat up the chocolate until melted and then drizzle over the meringue once the dish has come out of the oven.

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We are inviting people and groups in our community to host their own Bake & Brew events this October, to raise money for our local Hospice Care.

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1. Register for your free Bake & Brew Host Pack and resources.
2. Choose a date and location.
3. Send out your invitations.
4. Source your bakes, brew your teas and coffees.
5. Enjoy! All while raising vital funds for local patients and their families.



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