

Prune and chocolate macaroons



Great sweet treat and easier to make than you would think.

Recipe contains FODMAPS but might be useful for people with constipation based IBS and no issues with FODMAPS



Ingredients

Makes 25

- 180g Icing sugar
- 180g Ground almonds
- 180g Caster sugar
- 4 egg whites
- 3 tbsp water
- Drop of lemon juice
- 20 prunes
- 100g good quality dark chocolate
- Purple food colouring

Method

Pre-heat oven to 180°C

Mix the icing sugar, almonds and 2 of the egg whites into a paste.

In a small pan bring to the boil the caster sugar and water. Whisk the remaining 2 egg whites on medium to high speed to a stiff peak.

Once the sugar and water mixture has boiled and become syrupy add this to the egg whites – add food colouring at this stage until you have desired colour. Whisk on a high speed for 1-2 minutes.

Gently fold this into the paste mixture and put into a piping bag.

Line 2 large trays with greaseproof paper and pipe small circles of the mixture – try to make similar in size.

Bake in the oven for 10-13 minutes until cooked and remove and cool on a wire rack.

Melt the chocolate on a bain marie – meanwhile in a food processor whizz up the prunes and lemon juice to form a paste.

Combine the prune paste with the melted chocolate – allow to cool slightly.

Once the macaroons and the paste have cooled sandwich together 2 macaroons by piping the chocolate and prune ganache in the middle.

