

CHOCOLATE/COFFEE FRIANDS

1/3 cup Rice flour
1/4 cup LSA or ground almonds
3/4 cup Icing sugar
Grated rind of 1 orange
100g. Dark chocolate chopped
1 tbsp. Instant coffee
1/3 cup Canola oil
1/4 cup Soy milk
3 beaten Egg whites
Flaked almonds
Oil 12 patty pans

Mix first 5 ingredients
Mix oil, soy & coffee
Mix all together.
Fold beaten egg whites into mixture
Spoon into tins.
Scatter over almonds.
Bake at 180* 10-15 mins.
Dust with icing sugar.
Can keep 3 days.

NUTTY CHOCOLATE BUCKWHEAT PUDDINGS

1 cup ground Buckwheat flour
1/2 cup Buckwheat groats
2 cups cooked fine corn meal
1/2 cup sugar
2 eggs
3 good tablespoons chocolate powder
1 packet chocolate chips
1/4 cup oil
1/2 cup Nuttelex
3 tablespoons Baking Powder

Mix corn with Buckwheat, groats and Baking Powder
Mix oil and Nuttelex with sugar and eggs.
Mix all together thoroughly.
Add chocolate powder and chocolate chips.
Put dessert spoon fulls into paper cups or muffin tins lined with paper bases.
Bake 1/2-3/4 hour at moderate to hot oven.
Cool on wire rack.
Ice with strong chocolate icing.
Makes 40 or so

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