



Blueberry Bostock



Serves: 6 | 637 kcal and 12 g protein per serving

INGREDIENTS

- 3 tbsp + 100 g caster sugar
- 1 strip of lemon zest
- 6 slices day old brioche
- 100 g blueberries
- 50 g flaked almonds
- 100 g butter
- 75 g ground almonds
- 1 tbsp plain flour
- 1 egg
- 1/4 tsp almond extract (optional)

NOTES

- Choose your preferred berries - it does not have to be blueberry.
- Fresh, frozen, or tinned fruit all count towards 1 of your 5 a day.
- Try serving with fortified custard.

DIRECTIONS

1. Put 3 tbsp of sugar, 3 tbsp of water and lemon zest in a pan to make a sugar syrup.
2. Bring to a simmer and bubble just until the sugar has dissolved.
3. Beat together butter and 100 g sugar.
4. Add ground almonds, flour, almond extract (if using), and egg, then beat until combined.
5. Lay brioche on a parchment lined baking tray then brush sugar syrup over each slice.
6. Divide the almond mixture between the brioche slices and spread to the edges.
7. Add a handful of berries to the centre of each slice and press flaked almonds onto the almond mixture round the edges.
8. Bake at 180°C (160°C fan assisted) for 25-30 mins until golden brown.
9. Cool for at least 10 mins before serving.

