SUMMER FRUIT FLAN

A celebration of summer, this mouthwatering display of fruits conceals a light sponge moistened with almond liqueur. For a non-alcoholic version, use some of the juice from the oranges.

Original card from Simply Delicious
COLD DESSERTS

SUMMER FRUIT FLAN

Preparation

1. Preheat oven. Grease a 23cm (9in) round cake tin and line the base.
2. Put eggs and sugar in a bowl over a pan of hot water and whisk until creamy. Remove from heat and beat until cool.
3. Using a metal spoon, gently fold the flour into the egg mixture. Fold in the melted butter and ground almonds. Pour into the prepared tin and bake for 30-35 mins until risen and beginning to shrink from the sides of the tin.
4. Turn out and leave to cool. Sprinkle with almond liqueur, if using.
5. Arrange fruit on top of the sponge, placing the strawberries and the blueberries in the centre and the grapes and mandarins around the edge.

For 8 servings:
- 3 eggs
- 75g (3oz) caster sugar
- 50g (2oz) plain flour
- 40g (1 1/4oz) butter, melted
- 25g (1oz) ground almonds
- 3 tbsp almond liqueur, optional
- 12 strawberries, halved
- 75g (3oz) blueberries
- 100g (4oz) seedless green grapes, halved
- 200g (7oz) can mandarin oranges
- 3 tbsp apricot jam

Nutritional information

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<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
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<tbody>
<tr>
<td>1700 total (serves 8)</td>
<td>Low</td>
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<td>213 per serving</td>
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