

Almond Paste



Rated: ★★★★★

Submitted By: Carol

Prep Time: 20
Minutes

Ready In: 20
Minutes

Servings: 12

"This recipe is for those of you who wish to make your own almond paste. I prefer making my own. When I feel lazy, I purchase it in specialty stores. Rose water can be purchased in Middle Eastern stores, or maybe even health food stores."

INGREDIENTS:

1 pound blanched almonds 3 egg whites
1 (16 ounce) package 1 teaspoon almond extract
confectioners' sugar

DIRECTIONS:

1. Grind almonds in a blender. Thoroughly mix in confectioners sugar. Beat egg whites slightly, then stir into the almond mixture. Add almond extract, using your hands to blend the heavy mixture.

Nutrition Information

Servings Per Recipe: 12
Calories: 370

| Amount Per Serving |
|-------------------------|
| Total Fat: 19.2g |
| Cholesterol: 0mg |
| Sodium: 14mg |

| Amount Per Serving |
|---------------------------|
| Total Carbs: 44.7g |
| Dietary Fiber: 4.5g |
| Protein: 8.9g |

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