

Italian Almond Brittle

In the postwar years, it was hard to come by sweets and treats. Yet, children are always children and, even back then, there were sweet cravings. My husband remembers this recipe that his mother prepared all too infrequently!



Servings: 32 (2 pieces each)

Ingredients

1 ½ cups blanched/peeled almonds, coarsely chopped (8 oz)
½ cup honey
¾ cup flour
2 egg whites, or 1/3 cup liquid egg whites

Directions

1. To blanch and peel the almonds: Drop the almonds in 2 quarts of boiling water for 3 minutes. Remove and drain in a colander under running cold water. Pat dry. Press the skin at one end until it slips off the other end.
2. Preheat oven to a slow 250 degrees. Cover a jellyroll pan (11" x 16") with parchment paper. Set aside.
3. Pour the honey into a medium sized mixing bowl. Microwave on HIGH for 30 seconds. Measure the flour by dip-level-pour method and thoroughly mix into the warmed honey. When the mixture is smooth, add in the almonds and continue mixing. Set aside.
4. In a small mixing bowl, beat the egg whites on high speed for 4 minutes or until stiff, dry peaks form. Add to the nut mixture and mix until the egg whites are absorbed into the mixture.
5. Spread mixture thinly on the prepared pan. Bake for 1 hour or until golden color appears. Let cool thoroughly before cutting.

Nutritional Information

Calories: 67
Carbohydrates: 8 g
Protein: 2 g
Fat: 4 g
Saturated Fat: < 1 g
Cholesterol: 0 mg
Fiber: 1 g

GI Value: 52 - low