

■ Traditional Kransekake Recipe

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■ Ingredients

- 3 cups (375g) ground almonds
- 2 cups (250g) confectioners' sugar
- ½ cup (120g) egg whites
- ½ tsp cream of tartar
- ½ tsp salt
- Food coloring (optional)
- Royal Icing: 1½ cups powdered sugar, ½ cup egg whites, ½ tsp cream of tartar

■■■ Instructions

1. Mix ground almonds + sugar.
2. Add egg whites & cream of tartar, knead smooth.
3. Chill dough 30 min, roll into ropes, fit molds.
4. Bake at 375°F (190°C), 10–14 min.
5. Stack rings, decorate with icing.

■ Nutrition Facts (per slice, 12–15 servings)

Calories	420 kcal
Fat	24 g (Sat 12 g)
Carbs	45 g (Sugars 30 g, Fiber 2 g)
Protein	8 g
Sodium	200 mg

■ Tips

- ✓ Chill dough for easy shaping
- ✓ Don't overbake (keep chewy center)
- ✓ Make ahead & freeze rings

■ Flavorful Hearts – www.flavorfulhearts.com

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