



Healthy and wholesome snacks from Pure Flour from Europe

Rome, December 20, 2024 - Why choose organic? There is undoubtedly more flavour and more health benefits in organic cookery, in particular with flours and semolina Made in Europe, and especially products Made in Italy.

This is the promise made by "Pure Flour From Europe", the international project supported by ITALMOPA (the Italian Milling Industry Association) and co-financed by the European Union, which promotes the export of organic flours and semolina to Canada and the USA. Here are two recipes from "Pure Flour From Europe" for healthy and wholesome snacks perfect for when hunger strikes between meals: mini almond pound cakes and Parmesan crackers.

Mini almond pound cakes

Preparation: 10 minutes

Cooking: 20 minutes

Ingredients for ten mini pound cakes

- 150g Italian type '00' flour
- 50g of re-milled durum wheat semolina
- 3 eggs
- 150g sugar
- 50g finely chopped almonds
- 150g plain yoghurt
- 50g butter
- 1 sachet baking powder
- flaked almonds
- sugar sprinkles
- icing sugar



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Method

In a bowl, beat the eggs and sugar until light and fluffy. Then add the yoghurt and butter - at room temperature - mix and then add the sifted flour and baking powder, semolina and almonds. Stir the mixture for a couple of minutes until it is smooth and lump-free. Pour into 10 buttered and floured mini loaf tins. Scatter over sugar sprinkles and almond flakes. Bake at 180°C for about 20 minutes and dust the mini cakes with plenty of icing sugar.

Parmesan crackers

Preparation: 10 minutes

Cooking: 20 minutes

Ingredients for 30 crackers

- 300g Italian type '00' flour
- 60g grated Parmesan cheese (50g for the dough and 10g for dusting)
- 5g fine salt
- 145ml water
- 60g extra virgin olive oil
- 1 egg yolk

Method

Combine the flour with the cheese and salt in a bowl. Add the extra virgin olive oil and water. Knead the mixture to form a smooth dough. At this point, roll out the dough with a rolling pin or a pasta machine, and with a pastry cutter wheel make crackers of the desired size. We recommend 6cmx8cm. Prick the surface with a fork, brush lightly with the egg yolk mixed with a tablespoon of water (it will stop the crackers from browning too much), and sprinkle the surface with the rest of the Parmesan cheese. Bake at 180°C for about twenty minutes, until they are golden brown.

For more recipes: www.pureflourfromeurope.ca



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