



Honig-Muffins mit Bananenkern

Autor des Rezepts: Bärbel



Keine Beschreibung vorhanden

Rezept Zutatenliste

```
<!-- /* Font Definitions */ @font-face {font-family:Wingdings; panose-1:5 0 0 0 0 0 0 0 0 0;
mso-font-charset:2; mso-generic-font-family:auto; mso-font-pitch:variable; mso-font-signature:0 268435456 0 0
-2147483648 0;} /* Style Definitions */ p.MsoNormal, li.MsoNormal, div.MsoNormal {mso-style-parent:"";
margin:0cm; margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:12.0pt; font-family:"Times New
Roman"; mso-fareast-font-family:"Times New Roman";} p.MsoPlainText, li.MsoPlainText, div.MsoPlainText
{margin-right:0cm; mso-margin-top-alt:auto; mso-margin-bottom-alt:auto; margin-left:0cm;
mso-pagination:widow-orphan; font-size:12.0pt; font-family:"Times New Roman"; mso-fareast-font-family:"Times
New Roman";} p {margin-right:0cm; mso-margin-top-alt:auto; mso-margin-bottom-alt:auto; margin-left:0cm;
mso-pagination:widow-orphan; font-size:12.0pt; font-family:"Times New Roman"; mso-fareast-font-family:"Times
New Roman";} @page Section1 {size:612.0pt 792.0pt; margin:70.85pt 70.85pt 2.0cm 70.85pt;
mso-header-margin:36.0pt; mso-footer-margin:36.0pt; mso-paper-source:0;} div.Section1 {page:Section1;} /* List
Definitions */ @list l0 {mso-list-id:1922831722; mso-list-type:hybrid; mso-list-template-ids:-2003789036
-373367282 2064289114 589836812 1069077732 -686267186 -1245309092 -2027151580 42270376 692507850;}
@list l1 {mso-list-id:2052342246; mso-list-type:hybrid; mso-list-template-ids:-1145807412 -1047601022
-1644944268 -386237076 170165334 1855912656 -2146636806 2044783166 -430037482 1665830006;} @list
l1:level1 {mso-level-number-format:bullet; mso-level-text:□; mso-level-tab-stop:36.0pt;
mso-level-number-position:left; text-indent:-18.0pt; mso-ansi-font-size:10.0pt; font-family:Symbol;} @list l2
{mso-list-id:2076854037; mso-list-type:hybrid; mso-list-template-ids:1230901556 872207728 -606723772
-1224048614 -303924774 1068632328 -1122353754 1727425006 1726019428 1750622724;} @list l2:level1
{mso-level-number-format:bullet; mso-level-text:□; mso-level-tab-stop:36.0pt; mso-level-number-position:left;
text-indent:-18.0pt; mso-ansi-font-size:10.0pt; font-family:Symbol;} ol {margin-bottom:0cm;} ul
{margin-bottom:0cm;} -->
```

```
<!-- /* Font Definitions */ @font-face {font-family:Wingdings; panose-1:5 0 0 0 0 0 0 0 0 0;
mso-font-charset:2; mso-generic-font-family:auto; mso-font-pitch:variable; mso-font-signature:0 268435456 0 0
-2147483648 0;} /* Style Definitions */ p.MsoNormal, li.MsoNormal, div.MsoNormal {mso-style-parent:"";
margin:0cm; margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:12.0pt; font-family:"Times New
Roman"; mso-fareast-font-family:"Times New Roman";} p.MsoPlainText, li.MsoPlainText, div.MsoPlainText
{margin-right:0cm; mso-margin-top-alt:auto; mso-margin-bottom-alt:auto; margin-left:0cm;
mso-pagination:widow-orphan; font-size:12.0pt; font-family:"Times New Roman"; mso-fareast-font-family:"Times
New Roman";} p {margin-right:0cm; mso-margin-top-alt:auto; mso-margin-bottom-alt:auto; margin-left:0cm;
mso-pagination:widow-orphan; font-size:12.0pt; font-family:"Times New Roman"; mso-fareast-font-family:"Times
New Roman";} @page Section1 {size:612.0pt 792.0pt; margin:70.85pt 70.85pt 2.0cm 70.85pt;
mso-header-margin:36.0pt; mso-footer-margin:36.0pt; mso-paper-source:0;} div.Section1 {page:Section1;} /* List
Definitions */ @list l0 {mso-list-id:1922831722; mso-list-type:hybrid; mso-list-template-ids:-2003789036
-373367282 2064289114 589836812 1069077732 -686267186 -1245309092 -2027151580 42270376 692507850;}
@list l1 {mso-list-id:2052342246; mso-list-type:hybrid; mso-list-template-ids:-1145807412 -1047601022
-1644944268 -386237076 170165334 1855912656 -2146636806 2044783166 -430037482 1665830006;} @list
l1:level1 {mso-level-number-format:bullet; mso-level-text:□; mso-level-tab-stop:36.0pt;
mso-level-number-position:left; text-indent:-18.0pt; mso-ansi-font-size:10.0pt; font-family:Symbol;} @list l2
{mso-list-id:2076854037; mso-list-type:hybrid; mso-list-template-ids:1230901556 872207728 -606723772
-1224048614 -303924774 1068632328 -1122353754 1727425006 1726019428 1750622724;} @list l2:level1
{mso-level-number-format:bullet; mso-level-text:□; mso-level-tab-stop:36.0pt; mso-level-number-position:left;
text-indent:-18.0pt; mso-ansi-font-size:10.0pt; font-family:Symbol;} ol {margin-bottom:0cm;} ul
{margin-bottom:0cm;} -->
```



Honig-Muffins mit Bananenkern

<http://www.muffin-welt.de>

{mso-level-number-format:bullet; mso-level-text:□; mso-level-tab-stop:36.0pt; mso-level-number-position:left; text-indent:-18.0pt; mso-ansi-font-size:10.0pt; font-family:Symbol;} ol {margin-bottom:0cm;} ul {margin-bottom:0cm;} -->

- 300 g Mehl
 - 1 1/2 TL Backpulver
 - 1/2 TL Natron
 - 1 Ei
 - 250 ml Milch
 - 3 EL Öl
 - 350 g Honig
 - 1 grosse Banane
-

Zubereitungsanweisung

1.

Den Backofen auf 180° C vorheizen.

2.

Trockene Zutaten miteinander mischen.

3.

Ei, Milch, Öl und Honig verrühren und dann zum Mehlgemisch geben. Kurz durchrühren.

4.

Muffinförmchen ca. zu 2/3 mit Teig füllen, in jedes Förmchen eine Bananenscheibe geben und mit dem restlichen Teig bedecken.

5.

Die Muffins ca. 15-20 Minuten backen und am besten noch warm servieren!

Anmerkungen

Keine Beschreibung vorhanden

Zubereitungszeit	5 Min	Schwierigkeitsgrad	ganz einfach
Portionen	zwölf Portionen	Sonstige Menge	
Land/Region		Kosten pro Portion	