



Apfel-Muffins mit Ahornsirup

Autor des Rezepts: www.rezeptzentrale.de



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 {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:282155659;
mso-list-type:hybrid; mso-list-template-ids:-2011421002 -1523830878 67567619 67567621 67567617 67567619
67567621 67567617 67567619 67567621;} @list l0:level1 {mso-level-number-format:bullet; mso-level-text:□;
mso-level-tab-stop:18.0pt; mso-level-number-position:left; margin-left:18.0pt; text-indent:-18.0pt;
font-family:Symbol;} @list l1 {mso-list-id:874661886; mso-list-type:hybrid; mso-list-template-ids:1406433604
-2037625814 1922303518 563086324 526310168 -1052843770 902486242 -541191860 -279700420 -1579356080;}
@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:928737596; mso-list-type:hybrid; mso-list-template-ids:-516368072 -965326914 -1795109252
-139174880 -1000409066 386929768 1139856784 -1825568766 -1794974522 1488757824;} @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;} @list l3 {mso-list-id:1785536497;
mso-list-type:hybrid; mso-list-template-ids:1249309444 1748934158 -213253182 -1679016404 -1313554816
-1025075640 -503411818 1593215870 -723739900 1418911232;} ol {margin-bottom:0cm;} ul
{margin-bottom:0cm;} -->


- 150 g Weizenvollkornmehl
- 50 g Weizenkleie
- 2 ½ TL Backpulver
- 1 Pr Muskatnuss
- 1 Pr Zimt
- 40 g Butter
- 2 Eier
- 150 g Ahornsirup
- 60 ml Milch
- 1 Grüner Apfel ca. 100g
- 70 g Rosinen

```

Zubereitungsanweisung

```
<!-- /* 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 {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:282155659; mso-list-type:hybrid; mso-list-template-ids:-2011421002 -1523830878 67567619 67567621 67567617 67567619 67567621 67567617 67567619 67567621;} @list l0:level1 {mso-level-number-format:bullet; mso-level-text:□; mso-level-tab-stop:18.0pt; mso-level-number-position:left; margin-left:18.0pt; text-indent:-18.0pt; font-family:Symbol;} @list l1 {mso-list-id:874661886; mso-list-type:hybrid; mso-list-template-ids:1406433604 -2037625814 1922303518 563086324 526310168 -1052843770 902486242 -541191860 -279700420 -1579356080;} @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:928737596; mso-list-type:hybrid; mso-list-template-ids:-516368072 -965326914 -1795109252 -139174880 -1000409066 386929768 1139856784 -1825568766 -1794974522 1488757824;} @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;} @list l3 {mso-list-id:1781483596; mso-list-type:hybrid; mso-list-template-ids:-1397332706 -1766055176 92146786 -1846086914 -1499854892 -1901426348 54586590 -1839146506 986075282 1681177244;} @list l4 {mso-list-id:1785536497; mso-list-type:hybrid; mso-list-template-ids:1249309444 1748934158 -213253182 -1679016404 -1313554816 -1025075640 -503411818 1593215870 -723739900 1418911232;} ol {margin-bottom:0cm;} ul {margin-bottom:0cm;} -->

1. Das Mehl, die Weizenkleie, das Backpulver, den Muskat und den Zimt in einer Schüssel vermischen. In einer zweiten Schüssel die Butter, die Eier, den Ahornsirup und die Milch cremig miteinander verschlagen. Die flüssigen Zutaten zu den trockenen geben und alles miteinander verrühren.
2. Apfel waschen und in kleine Stückchen schneiden. Mit den Rosinen zum Teig geben.
3. Backofen auf 200 GradC vorheizen. Ein Muffin-Blech fetten oder Papierförmchen hineinsetzen. Die Mulden etwa zweidrittelhoch mit Teig füllen.
4. Das Blech in den heißen Ofen (180 GradC/Gas Stufe 3-4) schieben und die Muffins 20 Min. backen. Blech aus dem Ofen nehmen und die Muffins 5 Min. darin ruhen lassen. Die Muffins aus den Mulden lösen und auf einem Gitter abkühlen lassen.

Anmerkungen

Keine Beschreibung vorhanden

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