



BIOSÜDTIROL



Organic farmer Sissy suggests: Apple Roses with Puff Pastry

Preparation: 20 minutes

Difficulty: Medium

Ingredients (8 roses)

- 2 sheets of puff pastry, rectangular
- 8 tablespoons of apricot or peach jam
- 2 teaspoons of honey
- 25 ml of water
- 100 g of almonds or hazelnuts or walnuts
- 2-3 apples Red Delicious
- 2 level teaspoons of Ceylon cinnamon
- 60 g of date syrup or 50 g of sugar
- 2 tablespoons of lemon juice

Preparation

Wash the apples and quarter one, then cut each quarter in half and slice thinly. These will be the rose petals. Mix the honey with the water and soak the apple slices in the mixture. This will make the apples soft.

Blend the almonds and place them in a bowl. Also blend 160 g of apple with the lemon juice and add to the almonds along with the cinnamon and date syrup. Mix well.

Preheat the oven to 220°C, conventional mode. Line a muffin tin with 8 cups or preferably with parchment paper. To do



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this, simply cut out a square of parchment paper.

Spread one sheet of puff pastry with 4 tablespoons of jam and cut it into 4 equal strips.

Arrange the thin apple slices along the top edge of the puff pastry strip. Place the almond and apple mixture underneath, fold inward until only the apple slices stick out and roll up. Place the rose in a muffin cup. Continue until all the puff pastry is used up.

Bake in the preheated oven for about 25 minutes on the lowest rack.

Serve with a smile!

Sissy's suggestion

The leftover nut and apple mixture tastes delicious as muesli: simply mix it with some oats and add cold milk or hot frothed milk.