

heute gibt es...

Zimtjoghurtcreme with apples and raisins



Ingredients: (For 4 people)

- 300g Naturjoghurt
- 2 pinches of cinnamon
- 2 tsp honey
- 100ml Sahne
- 40g raisins
- Juice of one lemon
- 2 tart apples
- 50g walnuts
- 2 tablespoons sugar
- 4 pinches of sea salt

Preparation:

1. Yogurt, cinnamon and honey mix.
2. The cream until stiff and fold into the yogurt mass.
3. Peel, dice and place the raisins in lemon juice apples.
4. Walnuts coarsely chop.
5. Caramelize at a low heat in a pan the sugar. Once it has reached the right color (golden yellow) add the walnuts and stir until they are evenly caramelize.
Attention: The pan unattended under any circumstances!
6. The Zimtjoghurtcreme in bowls or glasses filled, distribute the slightly drained apple-raisin mixture on top and sprinkle with caramelised walnuts.