



مافينز الموز بالعسل

30 دقيقة • بسيط

مافينز الموز بالعسل هي الحلوى المثالية لبدء يومك. إنها سهلة التحضير وتتطلب فقط 30 دقيقة. يمكنك استبدال العسل بالسكر في وصفة المافينز الموز التقليدية. هذا يجعلها خيارًا صحيًا أكثر. ابدأ يومك بنكهة العسل!



مافينز الموز
عسل

مافينز الموز
عسل 10

مافينز الموز
عسل 20

مافينز
عسل 12

Ingredients

- 4 بيضات
- 90 جرام سكر (أو عسل)
- 180 جرام دقيق
- 1 ½ كوب موز

Method

1. سخن الفرن على 180 درجة مئوية. اخلط البيض والسكر (أو العسل) في وعاء كبير. أضيف الدقيق والموز واخلط حتى يتجانس.
2. صب الخليط في صواني المافينز. اخبز لمدة 12-20 دقيقة حتى ينضج. اتركها تبرد قليلاً قبل الأكل.

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- 1/2 cup (120ml) water
- 1 egg
- 1/2 cup (120ml) honey

Instructions

- 3 eggs
- 1/2 cup (120ml) honey

Method

3. Preheat oven to 180°C (350°F). Grease a 2-litre (6-cup) cake pan with butter or oil. Line the pan with parchment paper.
4. Beat eggs and honey in a large bowl until thick and foamy, 20-18 minutes.
5. Pour into prepared pan.
6. Bake in preheated oven for 45-50 minutes. Test with a toothpick. If it comes out clean, the cake is done. Let cool in pan for 10 minutes before turning out.

Used in this recipe



Capilano Pure

Capilano Pure honey is a natural sweetener that can be used in a variety of recipes. It is made from pure honey and is free from any additives or preservatives. Capilano Pure honey is a great alternative to sugar and can be used in a variety of recipes, including cakes, breads, and smoothies.

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