



قطايف عسل المانوكا والريكوتا

40 دقيقة • 12 قطعة

قطايف عسل المانوكا والريكوتا هي طبق تقليدي من المطبخ الإيطالي، يتميز بطعم لذيذ وفريد. هذا الطبق مصنوع من عجينة بسيطة، مملحة قليلاً، وتُخبز في الفرن. تُملأ القطايف بـ ريكوتا، عسل مانوكا، وجوز الهند المبشور. يُقدّم هذا الطبق مع صلصة عسل مانوكا. هذا الطبق مثالي للتحفيزات العائلية أو كوجبة خفيفة لذيذة.



عجينة القطايف
12 قطعة

الريكوتا
200 غرام

عسل مانوكا
20 غرام

جوز الهند
12 غرام

Ingredients

- 12 قطعة) عجينة القطايف (120 غرام ½ ق)

Method

1. اخلطي العجينة مع الريكوتا، عسل مانوكا، وجوز الهند المبشور. اخبزي القطايف في الفرن لمدة 15 دقيقة. اذيني القطايف في صلصة عسل مانوكا.

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- 2 tablespoons of honey
- 2 tablespoons of sugar
- 1 cup of milk
- 2 tablespoons of honey
- ¼ cup of honey
- 1 cup of milk
- ¼ cup of honey
- 2 tablespoons of honey

Method

2. Add the honey to the milk and stir well. Heat the mixture over low heat for 15 minutes.
3. Add the sugar to the mixture and stir well. Heat the mixture over low heat for 15 minutes.
4. Add the milk to the mixture and stir well. Heat the mixture over low heat for 15 minutes.
5. Add the honey to the mixture and stir well.
6. Add the mixture to the honey and stir well.

Used in this recipe



Manuka Honey

Manuka honey is a natural sweetener that is rich in antioxidants and has many health benefits. It is a natural antibacterial and can help to reduce inflammation and improve skin health. It is also a natural prebiotic and can help to improve gut health. Manuka honey is a natural source of energy and can help to boost your immune system. It is a natural source of vitamins and minerals and can help to improve your overall health. Manuka honey is a natural source of antioxidants and can help to reduce the risk of chronic diseases. It is a natural source of anti-inflammatory compounds and can help to reduce pain and swelling. Manuka honey is a natural source of antimicrobial compounds and can help to fight off infections. It is a natural source of antioxidants and can help to reduce the risk of chronic diseases. It is a natural source of anti-inflammatory compounds and can help to reduce pain and swelling. Manuka honey is a natural source of antimicrobial compounds and can help to fight off infections.

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*Vella, G. 2016. 215. CSIRO.

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