

Baked apple with custard

Sweet

level 

 1

 35 min



Ingredients

200 ml	Fresubin Energy DRINK Vanilla
1	large apple (130 g)
10 g	raisins
1 tea- spoon	lemon juice
10 g	ground almonds
15 g	honey
15 g	marzipan
10 g	butter
2 table- spoons	apple juice
10 g	sugar
5 g	custard powder
50 g	cream (30 % fat)

Nutritional information per serving:

Energy	877 kcal
Protein	17.0 g
Fat	44.0 g
Carbohydrate	99.0 g
Fibre	4.3 g



Alternative products:

Fresubin[®] Original DRINK
Fresubin[®] Energy Fibre DRINK
Fresubin[®] 2 kcal/Fibre DRINK
Fresubin[®] Protein Energy DRINK
Fresubin[®] Energy Fibre DRINK

Preparation

Mix the marzipan, lemon juice, honey, almonds and the raisins. Fill the mixture into the apple which should be washed and deepened beforehand.

Pour apple juice into heat-resistant dish, place apple in dish, adding flakes of butter.

Bake for around 25 minutes at 200 °C.

Mix the custard powder with the sugar, adding a little cream to form a smooth paste. Heat the rest of the cream with the Fresubin Energy DRINK Vanilla, add the mixed custard powder and reheat.

TIP:

Serve apple with poured custard over it.