

APPLE LEAVES WITH KEFIR



Ingredients:

- 1 sheet ready-rolled puff pastry
- 250 g creamy kefir (left on a sieve for 20 hours)
- 3 apples
- 1 tsp cinnamon
- vanilla powder or seeds from one vanilla pod
- 3 tbsp brown sugar
- 1 yolk
- 1/2 lemon
- icing sugar

Apple leaves preparation steps

Leave your freshly made kefir on a sieve for about 20 hours for the whey to separate and for the kefir to become creamy. Use the Cheese maker for easier separation of kefir and whey. This will make a thicker creamier kefir. You can use the whey in many recipes so don't discard it.

Add 2 tbsp sugar, cinnamon, yolk and vanilla to the creamy kefir. Mix gently with a spoon until the mixture becomes smooth.

Roll out the puff pastry, prick the pastry with a fork, add the filling and garnish with thin apple slices. Drizzle the apple slices with lemon juice to avoid discolouration. Sprinkle the apple slices with 1 tbsp brown sugar. Bake for about 20 minutes at 220°C. Dust with icing sugar and serve apple leaves warm.

See more kefir recipes [here](#).

Products used to prepare this recipe:



Kefir Fermenter

[Buy on Kefirko.com](https://www.kefirko.com)



[Organic Milk Kefir Grains](#)

[Buy on Kefirko.com](#)



Cheese Maker

[Buy on Kefirko.com](https://kefirko.com)