



## Knäckig äppelkaka

### Ingredienser

2 epler

--

0,5 dl hvetemel

0,5 dl sukker

60 g smør

### Fremgangsmåte

Rens eplene og del dem i kløfter. Legg dem i en liten, smurt form.

Bland mel og sukker og hell over eplene. Skjær kaldt smør i skiver med en ostehøvel og legg over.

Stekes midt i ovnen ved 200°C i 20-30 min.

Serveres nystekt med vaniljesaus.

### Tips

POEM FOR THE LIVING

When I am dead,  
Cry for me a little.

Think of me sometimes,

But not too much.

It is not good for you

Or your wife or your husband



Or your children  
To allow your thoughts to dwell  
Too long on the dead.  
Think of me now and again  
As I was in life  
At some moment which is pleasant to recall.  
But not for long.  
Leave me in peace  
As I shall leave you, too, in peace.  
While you live,  
Let your thoughts be with the living.

(Theodora Kroeber)

© 2004 - 2025: Det søte liv. [Med alle rettigheter.](#)

---

**Source URL:** <http://dev.detsoteliv.no/oppskrift/knackig-appelkaka>