

Swedish Apple Pie Buns

Yield: 16 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-apple-tart-recipe>

Ingredients:

- 1/2 cup half-and-half
- 2 tablespoons butter at room temperature
- 1 tablespoon SAF Yeast
- 3 tablespoons white sugar
- 1/4 cup custard powder Bird's
- 1 egg at room temperature, beaten
- 3 cups all-purpose flour
- 1/2 teaspoon cardamom
- 3 baking apples I suggest Fuji or Gala
- 2 tablespoons butter
- 3/4 teaspoon cinnamon
- 1/4 teaspoon cardamom
- 1/4 teaspoon nutmeg
- 2 teaspoons lemon juice
- 2 tablespoons calvados or other apple brandy, optional
- 1/3 cup light brown sugar
- 1 tablespoon cornstarch
- 3 ounces marzipan crumbled, optional
- non stick spray
- 1 egg
- 1 teaspoon half and half
- sugar Swedish pearl, powdered sugar, or cinnamon sugar

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 35 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams

6. Protein: 3 grams
 7. SaturatedFat: 2.5 grams
 8. Sodium: 35 milligrams
 9. Sugar: 12 grams
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