



Little chef  
recipe

# Quark balls

## Ingredients

### for 8 quark balls

- 125 g low-fat quark
- 1 banana
- 125 g whole wheat flour
- 6 g baking powder
- 50 g raisins
- 2 tablespoons of sunflower oil

## Supplies

- An oven
- A bowl
- A guard
- Food processor or hand blender
- Baking paper
- Spoon

## Instructions

- ♥ Gather all the supplies and ingredients you need.
- ♥ Preheat the oven to 180 degrees.
- ♥ Add the wheat flour, baking powder and raisins to a bowl.
- ♥ Add the low-fat quark, one banana and 2 tablespoons of oil to another bowl. Mix this until smooth with a hand blender or in a food processor.
- ♥ Place the low-fat quark and the banana mixture in the bowl with the dry ingredients and stir until there are no lumps left.
- ♥ Place the baking paper on an oven tray and make 8 small, flat balls of the dough.
- ♥ Bake the quark balls for about 15-20 minutes in the oven.

Tip: Do you want to freeze the quark balls?

Let them cool down first!