**AVOR-Blatt / Rezept praktisches QV 2024**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name/Vorname** |  | | |
|  | | | |
| **Gerichtebezeichnung** |  | | |
| **Vorbereitungszeit** | ………… Minuten | **Zubereitungszeit** | ………… Minuten |
| **Anrichtgeschirr** |  | | |

|  |  |  |
| --- | --- | --- |
| **Zutaten für 4 Personen** | | |
| **Menge** | **Zutaten** | **Vorbereitung/Zubereitung** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |