

APPLE FRITTERS

As healthy as we could make it!
DAIRY OR PAREVE



INGREDIENTS

- 2 T Healthy oil
- 1/4 C Egg substitute (whisked)
- 1/2 C Milk (low fat) (dairy) **OR** Almond Milk (pareve) **OR** Rice Milk (pareve)
- 2 T Coconut crystals **OR** Sugar substitute
- 1 t Cinnamon
- 1 C Sour cream (Dairy) **OR** Vegan Sour Cream (Pareve) (see **VEGAN** in our Recipe Directory)
- 1 C Flour (self-rising is preferred)
- 3 Apples (peeled) (cored) (sliced horizontally) (1/4-inch thick)
- Powdered sugar (optional)

DIRECTIONS

- 1 Heat oil to 375 F
- 2 Combine egg substitute, milk, sugar, cinnamon & sour cream in a bowl
- 3 Mix well & add flour
- 4 Dip apples in batter & carefully place in oil
- 5 Cook for 1 to 2 minutes
- 6 Turn and cook 1 to 2 minutes more
- 7 Remove fritters and drain
- 8 Sprinkle with powdered sugar (optional)
- 9 Serve warm

NOTE

Coconut Crystals 'work' like brown sugar

