

# PUMPKIN FRITTERS

## INGREDIENTS

- 2 C Pumpkin (mashed)
- 1/2 C Whole wheat pastry flour **OR** gluten-free flour of your choice
- 2 t Baking powder
- Pinch Salt
- 1/4 C Egg substitute
- Almond milk **OR** Rice Milk **OR** Water (if dough is too stiff)
- Healthy oil
- 1 T Cinnamon
- 1 T Coconut Crystals **OR** sugar substitute of your choice



## DIRECTIONS

- 1 In a bowl combine pumpkin, flour, baking powder, salt & egg substitute
- 2 Mix to combine & add the milk or water of your choice if needed
- 3 Heat about 1/2 inch of oil on medium - high heat in a deep sauce pan & drop mix in rounded tablespoons of dough into the hot oil
- 4 Don't overcrowd the pan with more than 5 at a time
- 5 Fry, flipping the dough ball as it becomes golden on one side
- 6 Repeat on the other side
- 7 Remove when golden & drain the fritters on paper towels
- 8 Mix the cinnamon & sugar substitute in a bowl
- 9 When cool & drained for a minute or so sprinkle the fried fritters with the cinnamon & sugar mix
- 10 Makes 14 to 16 depending on how big you make the fritters

## NOTE

Coconut Crystals 'work' like brown sugar

