

Apple Fritters

Preparation time **15-20 minutes**

Cooking time **20-25 minutes**

Servings **4 breakfasts or 12 snacks**

Cost per serving **67¢ (4 breakfasts) or 22¢ (12 snacks)**

Storage **4 days in the fridge.
Can be frozen.**

Kitchen tools **Measuring cups and spoons, cutting board, sharp knife, 2 large bowls, fork, small sharp knife, large frying pan, large spoon, spatula, baking sheet**



Ingredients



375 ml (1½ cups)
all-purpose flour



15 ml (1 tbsp)
sugar



10 ml (2 tsp)
baking powder



Pinch of
salt



2 eggs



250 ml (1 cup)
milk



5 ml (1 tsp)
vanilla

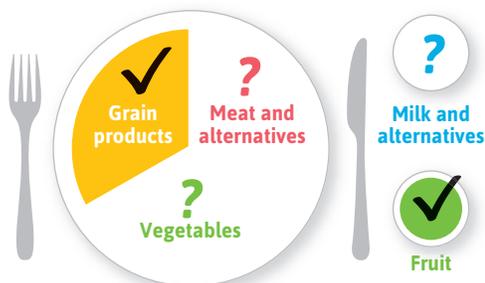


30 ml (2 tbsp) **butter**
or non-hydrogenated
margarine (divided)



2 large or 3 small
apples

Illustrations © Québec Amérique. All rights reserved (ikonet.com)

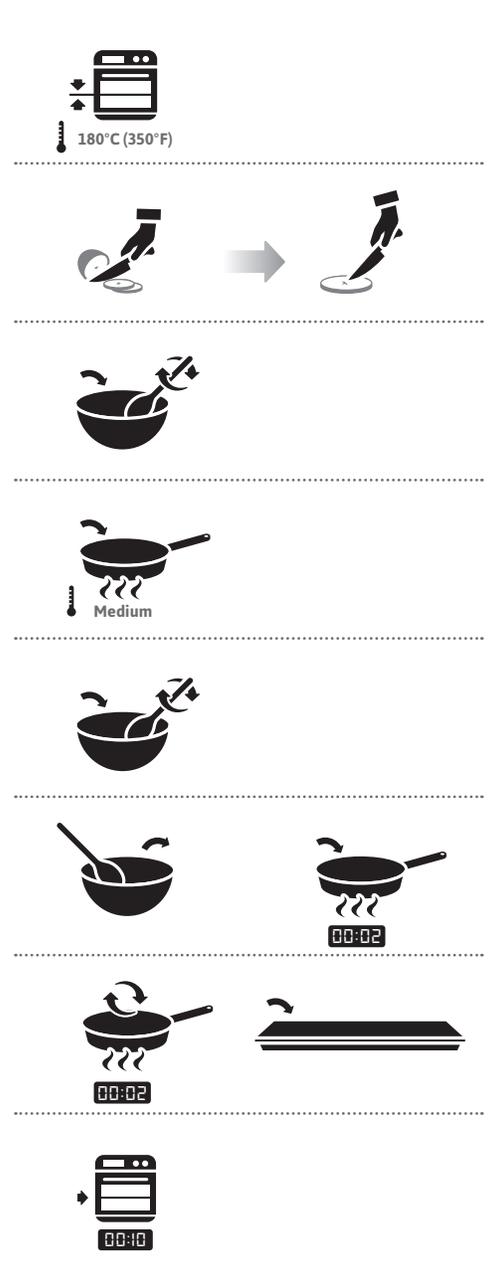


Balanced plate

Delicious served with a glass of milk or fortified soy beverage

Directions

- 1 Place oven rack in the middle position and preheat the oven to 180°C (350°F).
- 2 Slice the **apples** into 5 or 6 disks widthwise. With a small knife, remove the apple cores to create rings.
- 3 In a large bowl, mix the **flour, sugar, baking powder, salt, eggs, milk** and **vanilla** until the mixture has a smooth and even texture.
- 4 Heat about **10 ml (2 tsp)** of **butter** in a frying pan over medium heat.
- 5 Dip an **apple ring** into the pancake mixture and coat thoroughly.
- 6 With a large spoon, remove the apple ring, making sure to also scoop some of the pancake mixture. Immediately drop into the frying pan and cook about 2 minutes, or until the apple fritters are golden brown.
Tip: Cook 3 to 5 rings at a time, depending on the size of the pan.
- 7 Flip the apple rings and cook about 2 minutes until golden brown on the second side. Place the apple pancakes on a baking sheet. Repeat steps 4 to 6 until there are no remaining apple pieces.
- 8 Place the baking sheet with the apple fritters in the oven and bake for 10 minutes.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition