



IRRESISTIBLE APPLE FRITTERS

makes 3 dozen

2 C. whole wheat flour
1 tsp. baking powder
½ tsp. baking soda
4 Tbsp. honey
1 tsp. ground cinnamon
1 C. buttermilk
2 eggs
1 apple, cored & chopped

1. Combine dry ingredients and mix well. Add buttermilk and eggs, stir until smooth, then stir in apple.

Preheat oil in a deep-fryer to 360°- 375°.

Drop teaspoonfuls of dough into hot oil, in batches, and fry until golden (2-3 min.), then turn over to fry on other side. With a metal sieve ladle, place on paper towel to drain.

Cinnamon sugar:
1½ C. powdered sugar
3 tsp. ground cinnamon

Mix cinnamon and sugar in bowl, then place in paper bag. Put 2 or 3 fritters in bag and shake to coat.

Good plain or coated in cinnamon sugar.