



APPLE FRITTERS

makes 3 dozen

2 C. whole wheat flour
1 tsp. baking powder
½ tsp. baking soda
¼ C. raw sugar
1 tsp. ground cinnamon
1C. liquid kefir
2 eggs, separated
1 apple, cored & chopped
Cinnamon sugar
1½ C. powdered raw sugar
3 tsp. ground cinnamon

Combine dry ingredients and mix well. Add liquid kefir and eggs, stir until smooth, then stir in apple. Set aside to culture at room temp. for 30 min.

Meanwhile, mix cinnamon sugar in bowl, then spread on a tray and set aside.

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.

Eat plain or roll in cinnamon sugar to coat.