



Apple Fritters

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Makes 12 servings

Serving: 1 Fritter

Protein per serving: 0.2 g

Calories per serving: 60

Ingredients:

- 1 c CFL Pancake and Waffle Mix
- 2 TBSP Sugar, Brown, packed
- 1 tsp Cinnamon, ground
- 1/4 tsp Allspice, ground
- 1/2 tsp Salt, Table
- 80 g Rice Dream, Original
- 1 tsp Vanilla Extract
- 80 g Diced apples, one medium apple

Directions:

1. Heat 1 qt vegetable oil in a saucepan over medium heat until temp reaches 375 degrees.
2. Mix the pancake mix, brown sugar, cinnamon, allspice, and salt in a medium bowl. Add the rice milk and vanilla and whisk to combine. Fold in the diced apples. Drop spoonful into the hot oil and fry until golden brown. Serve hot with icing, powdered sugar, syrup, or cinnamon and sugar