

Gluten & Dairy Free Apple Fritters

Ingredients:

- 1 ½ cup gluten-free all-purpose flour
- ½ cup sugar (can use coconut sugar)
- 1 ½ teaspoon fine sea salt
- 3 teaspoon baking powder
- 2 teaspoon cinnamon
- ⅔ cup milk of choice
- 2 eggs
- 2 teaspoon vanilla
- 2 cups chopped apple

Glaze Ingredients:

- 1 cups of powdered sugar
 - You can use coconut sugar with 1 tablespoons arrowroot powder
- 1-2 tablespoon milk of choice

Instructions for Air Fryer:

1. Line the middle portion of your fryer rack with foil (do not cover the whole thing) and tuck under. Reinsert your rack snugly into the fryer basket. Preheat at 350 for 3-5 minutes.
2. Mix egg, milk, and vanilla until well combined.
3. In another bowl, mix the dry ingredients.
4. Add the wet to the dry ingredients and mix well until until smooth.
5. Fold in apple until apples are covered with batter.
6. Remove fryer basket and spray foil with cooking spray.
7. Immediately drop three or four rounded spoonfuls of batter onto the foil and flatten.
8. Air Fry for 5-7 minutes.
9. Using a small spatula or turner, flip over the fritter and fry another 5-7 minutes.
10. Remove fritter from fryer and immediately add more batter.

For Glaze

1. Whisk together powdered sugar and milk to make glaze.
2. Baste or dip one side of the fritters in glaze

Instructions for Deep Fryer

1. Preheat 1 inch of coconut oil, then follow mixing directions above.
2. When oil is hot enough (check with a drip of water), add 3-4 rounded spoonfuls of batter to the oil (make sure they are connected).
3. Fry three minutes on each side or until golden brown.
4. Transfer to paper towel lined plate to drain and cool for a few minutes before glazing.