

Apple Fritters (Vegan/Gluten-Free)

Prep Time:

10 minutes

Cook Time:

12 minutes

Yield:

12 apple fritters

Ingredients:

1 c gluten-free flour

1 tablespoon ground flax seed

$\frac{3}{4}$ tsp baking powder

$\frac{1}{4}$ tsp salt

$\frac{3}{4}$ c diced apple (about half of 1 medium apple)

2 tsp melted coconut oil

$\frac{1}{2}$ c unsweetened applesauce

$\frac{1}{4}$ c almond milk

$\frac{1}{4}$ c coconut sugar

1 tsp vanilla extract

Directions:

1. Preheat the oven to 350°. Lightly coat a baking sheet with nonstick cooking spray.
2. Whisk together the flour, flax, baking powder, and salt in a large bowl. In a separate bowl, stir together the oil, applesauce, milk, $\frac{1}{4}$ cup sugar, and vanilla. Make a well in the center of the dry ingredients, and pour in the wet, stirring just until moist. Stir in the diced apple.

3. Drop batter onto the prepared baking sheet into 12 blobs. Bake at 350° for 12-14 minutes. Cool on the pan for 5 minutes before turning out onto a wire rack to cool completely.