

Helergon Kitchen

Apple Fritter Bites Recipe

Bite-size apple fritters, crisp and sweet, ideal for an easy treat.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Batter

- [ ] 1 cup all-purpose flour
- [ ] 1/4 cup brown sugar
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp ground cinnamon
- [ ] 1/4 tsp salt
- [ ] 3/4 cup milk
- [ ] 1 large egg
- [ ] 1 tsp vanilla extract
- [ ] 2 tbsp melted butter

Apple Filling

- [ ] 2 medium apples, peeled and diced
- [ ] 1 tsp lemon juice
- [ ] 1 tbsp butter
- [ ] 1 tbsp brown sugar
- [ ] 1/2 tsp cinnamon

For Frying

- [ ] Vegetable oil, enough for deep-frying

Finishing

- [ ] Powdered sugar
- [ ] Cinnamon

Instructions

1. In a bowl, whisk together flour, brown sugar, baking powder, cinnamon, and salt.
2. In another bowl, combine milk, egg, vanilla, and melted butter; pour into dry ingredients and stir until just combined.
3. Toss the diced apples with lemon juice, then sauté in butter with brown sugar and cinnamon until just softened.
4. Heat oil in a deep skillet to 350°F. Drop spoonfuls of batter into the oil, adding a few pieces of cooked apple to each.
5. Fry until golden, about 2-3 minutes per side, then lift with a slotted spoon onto a wire rack.
6. While still warm, dust with powdered sugar mixed with a pinch of cinnamon. Serve immediately.

Nutrition per serving

260 kcal	5 g	38 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra caramel, drizzle a thin stream of caramel sauce after dusting.
- For a richer flavor, replace half the milk with buttermilk.
- These bites freeze well; reheat in a hot oven for crispness.