

Air Fryer Apple Fritters

For E Fritters

- 3/4 cup rolled oats (ground into flour)
- 1/4 cup oat fiber

For FP Fritters

- 1/2 cup THM Baking Blend
- 1/4 cup Oat Fiber

Add the rest of these ingredients to your chosen fritter flour

- 1/4 cup xes sweetener or THM gentle sweet
- 1/2 teaspoon mineral salt
- 1 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/3 cup almond or cashew milk
- 1/3 cup egg whites
- 1 teaspoon vanilla
- 1/4 teaspoon apple extract (optional)
- 1 cup chopped apple

Glaze Ingredients:

- 1/2 cup xylitol (ground into powder)
- 2 pinches of mineral salt
- 4 teaspoons almond or cashew milk

Instructions

1. Combine wet ingredients with dry ingredients and mix until smooth.
2. Using a spatula, fold in apples until apples are covered with batter.
3. Line the bottom of the air fryer basket with a sheet of parchment paper. Lightly spray with coconut oil spray.
4. Using a small scoop, drop batter into mounds on the parchment paper. (My air fryer fit about 9 fritters so I did this in 2 batches.) Lightly spray the tops of the fritters with coconut oil.
5. Cook the fritters for 10-12 minutes at 370 degrees.
6. In a coffee grinder or Vitamix, powder sweetener and salt. Add milk and mix to make the glaze.
7. Remove fritters from the air fryer and when cool to the touch, dip each side of the fritter in glaze and return to a pan or rack to cool.

This entire recipe when made in the E version has a total of 50 net carbs.

When making the FP version be sure to eat no more than 1/4 of the recipe to stay in FP mode. Do not add any other carb source to your FP snack.