

Air Fried Apple Fritters



Ingredients

- Cooking spray
 - 1-1/2 cups all-purpose flour
 - 1/4 cup sugar
 - 2 teaspoons baking powder
 - 1-1/2 teaspoons ground cinnamon
 - 1/2 teaspoon salt
 - 2/3 cup 2% milk
 - 2 large eggs, room temperature
 - 1 tablespoon lemon juice
 - 2 medium Honey Crisp apples, peeled and chopped
 - 1/4 cup butter
 - 1 cup confectioners' sugar
 - 1 tablespoon 2% milk
 - 1-1/2 teaspoons vanilla extract, divided
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Directions

Line air-fryer basket with parchment (cut to fit); spritz with cooking spray. Preheat air-fryer to 410 degrees.

In a large bowl, combine flour, sugar, baking powder, cinnamon and salt. Add milk, eggs, lemon juice and remaining 1 teaspoon vanilla extract; stir just until moistened. Fold in apples.

In batches, drop dough by 1/4 cupful's 2-in. apart onto air-fryer basket. Spritz with cooking spray. Cook until golden brown, 5-6 minutes. Turn fritters; continue to air-fry until golden brown, 1-2 minutes.

Melt butter in small saucepan over medium-high heat. Carefully cook until butter starts to brown and foam, 5 minutes. Remove from heat; cool slightly. Add confectioners' sugar, milk and 1/2 teaspoon vanilla extract to browned butter; whisk until smooth. Drizzle over fritters before serving.

Nutrition Facts

1 fritter: 145 calories, 4g fat (2g saturated fat), 34mg cholesterol, 183mg sodium, 24g carbohydrate (14g sugars, 1g fiber), 3g protein. Diabetic Exchanges: 1 fat.