

Apple Fritters (Keto)

Yield: 18 serves | Rating: 5/5 | Prep: 20 min | Cook: 9 min | Source: ketofocus.com

Ingredients

- 1 zucchini (peeled and finely diced)
- 1 tsp cinnamon
- 2 tsp lemon juice
- ½ tsp apple extract
- 2 tsp xanthan gum
- 1 tsp salt
- ½ cup butter (melted)
- ½ cup milk
- ¼ cup sour cream
- 1 egg
- 2 cups almond flour
- ¼ - 1/2 cup unflavored or vanilla protein powder
- 3 tbsp monkfruit or other sweetener
- 2 ½ tsp baking powder
- 1 lard for frying

Nutrition

146 Calories, 13.6g Fat, 4.3g Protein, 1.6g Net Carbs



Instructions

1. In a small bowl, add finely diced zucchini, cinnamon, lemon juice and apple flavoring. Add more or less apple flavoring to taste. Mix and set aside.
2. Add the dry ingredients to a medium bowl. Mix until combined.
3. Mix in wet ingredients.
4. Fold in apple flavored zucchini mixture.
5. Add lard to a small non-stick skillet and heat to medium heat. Add enough lard to cover the donut almost halfway. Scoop about a 1/4 cup of the apple fritter donut into the skillet. Can swirl the oil in the pan to help coat the donuts as they cook. Flip once golden brown on the bottom (about 3-5 minutes) and fry the other side until golden brown.
6. Remove from skillet and place paper towel or wire rack to cool.
7. To make the apple fritter glaze, add confectioner's Swerve, heavy cream and vanilla to a small bowl. Mix to combine. Microwave for 20 seconds to get a thin consistency if needed.
8. Drizzle or dip the top of your apple fritter donut into the glaze and place on a wire rack to set.