

ApfelKuchen (Fritters)

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 cup flour
3 eggs
1/4 teaspoon salt
1/2 cup milk
1 1/2 to 2 cups apples,
chopped*

In a bowl, sift together the flour and salt. Add the eggs and milk. Beat well.

Pare the apples. Dice. Add to the batter. Mix well.

Drop the mixture by spoonfuls into a fry pan with deep, hot fat. Fry until golden brown.

Serve with sugar.

Per Serving (excluding unknown items): 874 Calories; 21g Fat (21.7% calories from fat); 36g Protein; 134g Carbohydrate; 9g Dietary Fiber; 653mg Cholesterol; 805mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Fruit; 1/2 Non-Fat Milk; 2 Fat.