



## **Protein Apple Fritter**

**187 Calories**

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### *Ingredient List*

#### Apple Fritter Mix

- 1/2 cup buttermilk pancake mix (60-80g)
- 2 scoops Whey-casein protein powder (62g)
- 1 apple, peeled and chopped into cubes
- 1 egg yolk
- 2 egg whites
- 2 tbsp light butter
- 4-5 tbsp fat-free milk
- 1-2 tbsp lemon juice
- 4 tbsp zero-calorie sweetener
- 2 tsp cinnamon
- Pinches of nutmeg
- Pinch of salt
- Parchment paper

- Cooking spray

### Fritter Icing

- 4 tbsp non-fat Greek yogurt
- 4 tbsp zero-calorie confectioner's sugar
- 2 tbsp of milk (and more for consistency)
- 1/4 tsp vanilla extract

### *Cooking Instructions*

1. Preheat your air fryer to 325°F.
2. Add the egg whites to a bowl. Using a hand mixer or whisk, beat them until fluffy cloud-like peaks form. Set aside.
3. In a skillet over medium heat, melt 2 tbsp of light butter. Add the chopped apples to the skillet.
4. Season the apples with 2 tbsp of zero-calorie sweetener, 1 tsp of cinnamon, a pinch of nutmeg, 1/2 tsp vanilla extract, and a squeeze of lemon juice.
5. Cook for 3-5 minutes, stirring occasionally, until the liquid has evaporated and the apples have softened. Remove from heat and let cool.
6. In a mixing bowl, combine the egg yolk, 2 tbsp of zero-calorie sweetener, 1 tsp cinnamon, a pinch each of nutmeg and salt, and the cooled apples. Stir well.
7. Add in the protein powder and pancake mix, stirring until the mixture becomes crumbly. Gradually add milk 1 tbsp at a time, stir, and mix until all the milk is added in.
8. Add 4 tbsp of the egg whites into the bowl. Use a non-stick spatula or spoon to gently fold the egg whites into the apple mixture 4 or 5 times, until a sticky yet moist dough forms. Divide the dough in four.
9. Cut some parchment paper to fit the exact size of your air fryer basket. Spoon the dough close to the edges of paper and form into two fritters.
10. Spray each fritter lightly with cooking spray and cook in the air fryer at 325°F for 7 minutes.
11. While the fritters are cooking, prepare the icing by mixing the ingredients under the Fritter Icing list in a bowl.
12. Take out the fritters and let them cool. Repeat steps 8-9 with the remaining dough. Top the fritters with the icing and enjoy!

## MACROS

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● Fat

2g

● Carbs

21g

● Protein

18g