

Plantain and Apple Fritters

These fritters taste like little apple pie pancakes. They are tasty warm or chilled and are great combined with chicken sausage.

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Prep Time	Cook Time	Yield
5-10 Minutes	17-20 minutes	8 servings

Amount	Ingredient
2	ripe plantains, peeled
1	small apple
1/2	tsp ground cinnamon
2-4	tbsp coconut oil

TIPS:

Ripe plantains should be covered in black spots, if not almost completely black. The blacker the peel, the better!

If cooking in batches, you can keep the finished fritters warm on a baking dish in a 200 degree F oven.

Instructions

1. Mash the plantains in a bowl with a fork or a wire potato masher (the fritters taste better if you leave some lumps and don't overmuch). Add the grated apple and cinnamon and mix to combine.
2. Heat 1 to 2 Tbls of the coconut oil in a skillet over medium heat. Drop heaping spoonfuls of the plantain batter into the pan and flatten with the back of a spoon. The fritters should be 2 to 3 inches in diameter, or about the same size as your spatula; otherwise, they can be tricky to flip. Depending on the size of your skillet, you may have to cook the fritters in batches.
3. Cook for 10-12 minutes, until golden brown on the bottom. Add a little extra coconut oil if the fritters absorb it all. If they are browning too fast, turn down the heat.
4. Carefully clip the fritters and cook for 7-8 minutes on the other side. Again, add a little extra coconut oil if the fritters absorb it all. Enjoy!