



## Cinnamon Sugar Apple Rings

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Yield: 8 servings

*These are like cinnamon sugar donuts with a bonus of apple in the middle! I just came back from Asheville, NC and brought home two baskets of apples from the farmers market and just had to whip a batch of these babies. Want to gild the lily? Dip them in caramel dip or my vanilla icing found in my Copy Cat Krispy Kreme Donuts and Churros recipe.*

***Shortcut:** Dip them in pancake batter from the box and purchase cinnamon sugar.*

### **Ingredients:**

Vegetable oil or shortening  
4 medium-size apples  
1/2 cup sugar plus 2 tablespoons, divided  
1 teaspoon ground cinnamon plus 1/4 teaspoon, divided  
1 large egg  
1/2 teaspoon vanilla (optional-but I always opt in)  
3/4 cup 2% or whole milk  
1 cup all-purpose flour plus 2 tablespoons  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt

### **Directions:**

1. Pour oil in a large cast iron skillet or heavy saucepan to a depth of at least 1 inch. Heat to 360° over medium-high heat.
2. Meanwhile, slice apples crosswise into 1/4-inch thick slices. Using a small circle cookie cutter remove center of apple so there's about 3/8-inch apple remaining. Don't throw away the centers! Remove the core/seeds and chop them up in chicken salad or eat as a healthy snack (tomorrow after you've eaten the fried apples today!)
3. In a small bowl, combine 1/3 cup sugar and 1 teaspoon cinnamon for coating apple rings.

4. In a medium bowl, whisk egg lightly; gradually add milk. Add flour; top with 2 tablespoons sugar, baking powder and salt. Whisk dry ingredients together lightly on top of milk, then dig in and whisk all together. I just saved you a bowl to mix dry ingredients together.

5. Check your oil to see if it's 360°. I like to use a digital thermometer. Using tongs, dip apple rings in batter, allowing excess to drip back in bowl. Fry 3 or four at a time 1 to 2 minutes or just until golden. Let drain on paper towels 1 minute; dredge them in the cinnamon sugar mixture and turn over with tongs to coat well. Eat warm while the outside is at it's best but I save them and warm them in the microwave the next day for breakfast!