



## today's main ingredient

A  LOCAL FOOD PODCAST



# Sweet Carrot Fritters

*Smothered in maple syrup, these are great for brunch in place of pancakes.*

### INGREDIENTS – makes about 10 large fritters

1 cup flour  
3/4 teaspoon baking powder  
3/4 teaspoon salt  
A pinch each of cinnamon & grated nutmeg  
1 egg  
2 Tablespoons sugar or honey  
2 Tablespoons milk  
1/2 teaspoon vanilla  
1 cup shredded carrots  
Vegetable oil for frying  
Confectioner's sugar for garnish

**STEP 1** – Sift together flour, baking powder, salt and spices.

**STEP 2** – In a separate bowl, beat the egg with sugar or honey, milk, and vanilla. Gradually mix in the flour mixture and stir in the carrots.

**STEP 3** – Heat oil and drop in the batter by heaping tablespoons. Turn to brown on both sides.

**STEP 4** – Taste for desired doneness and drain well on paper towels. Dust with confectioners' sugar before serving.