



Apple Book

The Original Tehachapi Apple Book

Ruby Jordan's Baked Apple Donuts

INGREDIENTS

1 tsp nutmeg	2 eggs
3 cups flour	1/2 cup milk
3-1/2 baking powder	1 cup diced apples
1 tsp salt	1 cut butter or margarine, melted
1 cup sugar	2/3 cup sugar
2/3 cup shortening	2 tsp cinnamon

INSTRUCTIONS

- Sift together flour, baking powder, salt, nutmeg and 1 cup sugar.
- Cut in shortening until mixture is fine.
- Mix together eggs, milk, and apples. Add all at once to dry ingredients and mix quickly and thoroughly.
- Fill greased muffin tins two-thirds full. *
- Bake at 350° for 20-25 minutes. Remove from pans and brush with melted butter, then roll in mixture of 2/3 cup sugar and 2 tsp cinnamon.
- Serve warm. (Yield: About 2 dozen)

EDITOR'S NOTES

*I made three versions of this tasty donut: one following Ruby's instructions exactly (using a muffin tin); another following her instructions except for the melted butter and cinnamon sugar step (for less sugar and fat); and a third using special donut baking pans (with holes). All three were very dunkable!

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