

BITES

Doughnuts go organic

An organic doughnut? Yes, I thought it sounded silly too, until I tried one. It's all relative, isn't it? No one could reasonably argue the health benefits of something made from white flour, refined sugar and jam, but it's not hard to justify eating these new organic beauties from Prahran Market's Fritz Gelato stall. All the ingredients — flour, milk, egg, sugar — are organic. The doughnuts are made from scratch, unlike most commercial ones that are made from pre-mix containing powdered (battery-farmed) egg and other yuk ingredients. The oil used to deep-fry the doughnuts — appealingly oddly sized, a sign of a handmade product — is healthy rice bran oil. Last but not least, they're not a pesky and sickeningly sweet American import. There — easy, isn't it?

NECIA WILDEN

Organic jam doughnuts (\$1.50 each, \$4 for 3) and organic cinnamon doughnuts (80c each, \$3 for 5) are available at Fritz Gelato, Stall 120, Prahran Market (Elizabeth Street entrance).

