



Irresistible Homemade Donuts

Serves 4

Ingredients:

1/4 teaspoon cinnamon
1 tablespoon egg replacer
1/4 cup banana
1/4 teaspoon salt
2 tablespoons coconut flour
1/4 cup apple
4 tablespoons water
1/2 teaspoon baking powder
1/4 cup canned pumpkin
Sugar-free sweetener
Milk

Directions:

1. Preheat oven to 350° F.
2. Combine in a large bowl, cinnamon, egg replacer, banana, apple, pumpkin, salt, coconut flour, water and sweetener. Mix together evenly.
3. Pour mixture into doughnut or muffin pan. Should make about 4 doughnuts. Some batter should be leftover.
4. Bake 8-11 minutes. Place toothpick in doughnut, finished when toothpick comes out clean.
5. While doughnuts are baking, pour milk in with remaining batter, stir until desired consistency is reached. Allow doughnuts to cool and spread on icing.

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Season: Summer

FeatureIntro: These donuts will easily disappear in minutes.

RecipeIntro: A truly delectable dessert that is so good it should be illegal!

Grouping: Back to School Favorites

Week: 201911