

Recipe of the Week

Mini Doughnuts

Ingredients for the doughnuts:

2 cups white whole wheat flour
1 ½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon ground cinnamon
½ teaspoon salt
½ tablespoon coconut oil
2 teaspoons vanilla extract
1 ½ teaspoons agave syrup
1 cup apple butter
¾ cup almond milk

Ingredients for the glaze:

¼ cup unsweetened cocoa powder
3 ½ tablespoons unsweetened almond milk
½ teaspoon vanilla extract

Instructions:

1. Preheat the oven to 350°F and lightly coat 28 mini doughnut cups with nonstick cooking spray.
2. To prepare the doughnuts, whisk together the flour, baking powder, baking soda, cinnamon, and salt in a medium bowl.
3. In a separate bowl, whisk together the coconut oil, vanilla extract, and agave syrup. Stir in the apple butter.
4. Alternate between adding the flour mixture and almond milk, beginning and ending with the flour mixture, and stirring just until incorporated. (For best results, add the flour mixture in 4 equal parts.)
5. Transfer the batter to a large zip-topped plastic bag and cut off one corner.
6. Pipe the batter into the prepared doughnut cups.
7. Bake at 350°F for 12-15 minutes or until the tops are firm to the touch. Cool in the doughnut cups for 5 minutes before carefully transferring to a wire rack to cool completely.
8. Just before serving, prepare the glaze by stirring together the cocoa powder, almond milk, and vanilla extract.
9. Dip each doughnut into the glaze and place it back onto the wire racks or a plate to let the glaze set.

Count 2-3 mini doughnuts as a snack, depending on your plan.

