

BAKED SPICED APPLE DOUGHNUTS



50 STATES
☆☆☆
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the doughnuts:

- ★ ½ cup almond flour
- ★ ½ cup oat flour
- ★ ¼ cup monk fruit sweetener
- ★ 1 teaspoon baking powder
- ★ ½ teaspoon ground cinnamon
- ★ ½ teaspoon apple pie spice

- ★ ⅛ teaspoon salt
- ★ ½ cup unsweetened apple sauce
- ★ 1 tablespoon coconut oil, melted
- ★ 1 large egg
- ★ 1 teaspoon vanilla extract
- ★ Coconut oil spray

For the topping:

- ★ ¼ cup monk fruit sweetener
- ★ 1 teaspoon ground cinnamon
- ★ ½ teaspoon apple pie spice

DIRECTIONS

Preheat the oven to 350 degrees F.

In a medium bowl, whisk together the almond flour, oat flour, monk fruit sweetener, baking powder, cinnamon, apple pie spice, and salt. Add the apple sauce, coconut oil, egg, and vanilla extract and whisk until smooth.

Spray a 6-cavity doughnut pan with the coconut oil spray. Divide the batter evenly between the cavities (transferring the batter to a pastry bag or a zip top bag with a corner snipped off makes this process much easier). Transfer to the oven and bake, rotating once halfway through, until the doughnuts are lightly golden and spring back quickly when gently pressed with a fingertip, about 15 to 17 minutes.

Meanwhile, whisk together the topping ingredients in a small bowl. When the doughnuts have cooled slightly, about 5 minutes, remove from the pan and place on a wire cooling rack.

Working one at a time while still warm, lightly spray the top and bottom of each doughnut with coconut oil. Immediately dip in the spiced sweetener mixture, coating both sides thoroughly, and return to the wire rack. Repeat with remaining doughnuts. Any leftover spiced sweetener can be stored in an airtight container for later use; it's especially good stirred into coffee!

Serving Size and Nutritional Information:

Serves 6 (Serving Size 1 Doughnut = 60g)

110 Calories Per Serving, 6g Total Fat,

24g Total Carbohydrates, 3g Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at MyType2Transformation.com.



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