

BLUEBERRY DONUTS

These are a baked version of a donut and has a swap for fat, making them a little denser.

SERVINGS	SERVING SIZE	TIME TO MAKE
6	1 Donut	35 MINUTES

INGREDIENTS

- 1/4 Cup Milk (I used Blueberry Cashew Milk)
- 1 teaspoon Apple Cider Vinegar
- 1 teaspoon Vanilla Extract
- 1/3 Cup Agave (Maple Syrup or Honey would work too)
- 3 1/2 Tablespoon Applesauce
- 1 Cup Gluten-Free Flour (All Purpose Flour option)
- 1 teaspoon Baking Powder
- 1/4 teaspoon Sea Salt
- 1/2 Cup Blueberries (frozen or fresh)
- Zest of 1 Lemon

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a bowl, mix milk, apple cider vinegar, vanilla, agave, and applesauce.
3. In a large bowl, add the dry ingredients: flour, baking powder, and sea salt.
4. Gently add the wet ingredients to the dry ingredients, gently mixing them until they are well combined, but not overmixing. Option to also fold in the blueberries before pouring batter.
5. Pour batter into the donut pan.
6. If you did not add the blueberries before, add the blueberries on top of batter in the pan. You can submerge them into the mold too.
7. Top with lemon zest
8. Bake for 15-20 minutes or until toothpick inserted inside the donut comes out clean.
9. Remove from oven and let cool for 5 minutes & release from pan onto a cooling rack.
10. Enjoy!

Nutritional Information per serving: 117 Calories, 0 g Fat, 0 g Saturated Fat, 1 mg Cholesterol, 46 mg Sodium, 28 g Carbohydrate, 2 g Fiber, 9 g Sugar, 1 g Protein, 1% Vitamin A, 3% Vitamin C, 7% Calcium, 8% Iron