

# Healthy Baked Donuts

Course: **Snacks, Donuts, Cakes**

Servings	Prep time	Cooking time	Total time
12 servings	15 minutes	15 minutes	30 minutes

## Ingredients

### For the Donuts:

**140 g (1 ⅛ cups) spelt flour or ½ oat flour + ½ almond flour**

**¾ tsp baking powder**

**¼ tsp baking soda**

**¼ tsp salt**

**½ tsp cinnamon (optional)**

**60 ml (¼ cup) maple syrup or honey**

**2 tbsp melted coconut oil**

**½ tsp vanilla extract**

**½ tsp apple cider vinegar or lemon juice**

**120 ml (½ cup) milk (almond, oat, or coconut)**

### For the Toppings:

**Chocolate glaze:** 25 g dark chocolate (70%) + ½ tsp coconut oil

**Cinnamon sugar:** 1 tbsp coconut sugar + ¼ tsp cinnamon

## Directions

- 1 Prep Your Oven & Donut Pan:** Preheat your oven to **175°C (350°F)**. Lightly grease a donut pan or use a silicone mold to prevent sticking.
- 2 Mix the Dry Ingredients:** In a large bowl, whisk together the **flour, baking powder, baking soda, salt, and cinnamon** (if using).
- 3 Combine the Wet Ingredients:** In a separate bowl, whisk together **maple syrup, melted coconut oil, vanilla extract, apple cider vinegar, and milk** until fully combined.
- 4 Mix the Batter:** Slowly add the wet ingredients into the dry ingredients, stirring gently until just combined. **Do not overmix!** The batter should be smooth but slightly thick.
- 5 Fill the Donut Pan:** Transfer the batter into a piping bag or a ziplock bag with the corner cut off. Pipe the batter into the donut cavities, filling each about **¾ full**.

- 6 Bake the Donuts:** Place the pan in the preheated oven and bake for **12–15 minutes**, or until the donuts are golden and spring back when touched.
- 7 Cool the Donuts:** Let them cool in the pan for about **5 minutes**, then transfer them to a wire rack to cool completely before adding toppings.

**Topping Ideas:**

- 8 Chocolate Glaze:** Melt **25 g dark chocolate (70%)** with **½ tsp coconut oil**. Dip each donut into the glaze and let them set.
- 9 Cinnamon Sugar Coating:** Brush donuts lightly with melted coconut oil. Mix **1 tbsp coconut sugar** and **¼ tsp cinnamon** in a bowl. Roll the donuts in the mixture for a sweet and crunchy coating.