

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 1/8 cups) spelt flour or 1/2 oat flour + 1/2 almond flour

3/4 tsp baking powder

1/4 tsp baking soda

1/4 tsp salt

1/2 tsp cinnamon (optional)

60 ml (1/4 cup) maple syrup or honey

2 tbsp melted coconut oil

1/2 tsp vanilla extract

1/2 tsp apple cider vinegar or lemon juice

120 ml (1/2 cup) milk (almond, oat, or coconut)

For the Toppings:

Chocolate glaze: 25 g dark chocolate (70%) + 1/2 tsp coconut oil

Cinnamon sugar: 1 tbsp coconut sugar + 1/4 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 3/4 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.