

## Honey-Nut Donuts

**Hands On Time: 5 minutes**

**Total Time: 45 minutes**

The should be called Honey-NOT Donuts.

They have all the deliciously sweet and nutty flavor of that much-loved breakfast cereal, but with none of the nasties.



These donuts are grain-free, dairy-free and have no added sugar...but incredibly delicious.

Sit back and enjoy one (or two, I won't tell) with your morning coffee.

### **INGREDIENTS:**

1.5 cups of Sukrin Coconut Flour

1 teaspoon of baking powder

¼ teaspoon of sea salt

6 eggs

½ cup of Sukrin Gold Fiber Syrup

2 teaspoons of vanilla

½ cup of coconut oil

¼ cup flaked or sliced almonds

1 Tablespoon butter

2 teaspoons Sukrin Gold Fiber Syrup

### **METHOD:**

Pre-heat oven to 350° F

Place the coconut oil, Sukrin Gold, and vanilla extract into a saucepan and melt over medium heat, stirring to combine.

Place the coconut flour and baking powder into a mixing bowl.

Add the melted ingredients and the eggs and mix well until smooth.

Place aside for 10 minutes to thicken, this mixture will remain quite wet so don't panic.

Grease your donut pan very well. These donuts do tend to stick, even in a non-stick pan.

Pour  $\frac{1}{4}$  cup of batter into each donut hole and bake for 20 minutes.

While the donuts are baking, dry toast the almonds in a pan until they are golden and fragrant.

My donut pan is a standard sized, six-hole pan so I had to bake mine in two batches.

Once cooked, allow to cool until just warm and then gently ease around each donut with a silicone spatula.

Turn out onto a cooling rack.

Melt the butter in a microwave proof jug or bowl and add the additional Sukrin Gold Syrup.

Mix together and then brush over the donuts as a glaze.

Add the toasted almonds to the remaining glaze and stir.

Spoon almond mix over each donut.

**Store, in an airtight container, for up to one week**

**NUTRITIONAL INFORMATION:**



# Honey Nut Donuts

Defined by ingredients

**Nutritional data** (per serving)

Total Carbs	15.5 grams
<b>Net Carbs</b>	<b>2.7 grams</b>
Protein	6.2 grams
Fat	16.6 grams
Calories	224 kcal

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**Ingredients** (makes 12 servings)

- ¼ cup of almonds, nuts (flaked) 22.5 grams
- 1 tsp of baking powder, gluten-free 4 grams
- 2 tbsp of butter, grass-fed 28.4 grams
- 1 ½ cups of coconut flour, organic 180 grams
- ½ cup of coconut oil, extra virgin 109 grams
- 6 large of eggs, free-range or organic 300 grams
- 1 tsp of salt, sea salt 6 grams
- ½ cup of Sukrin Fiber Syrup Gold 170 grams
- 2 tsp of Vanilla extract, imitation, alcohol 8.4 grams

Add all to basket

Add selected to basket