

Pumpkin Breakfast Donuts

6 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Oat Flour
1/2 cup Chia Seeds
1/4 cup Monk Fruit Sweetener
1 1/2 tsps Baking Powder
1/8 tsp Sea Salt
2 tsps Pumpkin Pie Spice
2/3 cup Unsweetened Almond Milk
2 tbsps Coconut Oil (melted)
1/2 cup Pureed Pumpkin
2 tbsps Coconut Butter (melted)

DIRECTIONS

- 01 Preheat your oven to 350°F (177°C) and lightly grease your donut pan.
- 02 In a large bowl, combine the oat flour, chia seeds, monk fruit sweetener, baking powder, sea salt, and pumpkin pie spice.
- 03 Add the almond milk, coconut oil, and pumpkin puree. Mix well and transfer to a piping bag or a large ziploc bag with the corner sliced off. Pipe the batter into the donut pan using a circular motion.
- 04 Bake for about 15 minutes, or until golden brown. Remove from oven and let cool. Once cooled, drizzle with melted coconut butter. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	209	Carbs	25g
Fat	14g	Protein	5g