



cara price

APPLE FRITTER DONUTS

INGREDIENTS

dry ingredients

- 1/2 cup coconut flour
- 1/2 cup tapioca flour
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground allspice

wet ingredients

- 5 eggs
- 1/2 cup maple syrup
- 1/4 cup apple juice {unsweetened}
- 1/4 cup +1 teaspoon avocado oil
- 1 tablespoon vanilla
- 1 large red apple, peeled, sliced & chopped very fine

donut glaze

- 3 tablespoons palm oil shortening
- 3 tablespoons honey
- 1 teaspoons cinnamon

DIRECTIONS

preheat the oven to 350.

make glaze for the donuts first. in a double boiler, combine the oil or ghee, honey & cinnamon. whisk until completely smooth. remove from heat & set aside. you will need to go back & whisk this about every 7-10 minutes until the donuts are done because the oil will try to separate from the honey.

use 1 teaspoon of the avocado oil to lightly grease the donut pans. peel & chop the apple. the pieces - these should be very small {I prefer to use my electric chopper for this}. evenly distribute the apple pieces into all the wells of the donut pans.

combine the dry ingredients into a medium mixing bowl. in a separate bowl, whisk together the wet ingredients & pour the liquid into the dry ingredients & whisk until smooth.

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DIRECTIONS - CONTINUED

evenly pour the batter into the donut wells, over the apple pieces, making sure that you leave enough room for them to rise & not cover the hole of the donut. {note: there may potentially be a little more batter than you need. in testing this recipe, i noted that the size of the eggs causes a little more or a little less batter as an end result}

bake donuts 11-13 minutes. once done, cool in the pan for 5 minutes & then loosen them from the pan with a rubber spatula & place them on a cooling rack for 10 minutes.

once slightly cooled, drizzle the cinnamon glaze over the donuts & serve.

store leftovers in the fridge.