



CHOCOLATE DONUTS

SERVES: 12 (1 donut each) Prep Time: 20 min. + 1 hr. Cooking Time: 16 min.

CONTAINER EQUIVALENTS (per serving):  2  2

FOR DONUTS:

½ cup	coconut sugar
½ cup	unsweetened coconut milk
⅓ cup	pure maple syrup
¼ cup	melted ghee (organic grass-fed, if possible)
1	large egg
1 tsp.	pure vanilla extract
1½ cups	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
½ cup	almond flour
1½ tsp.	baking powder, gluten-free
½ tsp.	sea salt (or Himalayan salt)

FOR DIP:

1 cup	semisweet chocolate chips
1 tsp.	coconut oil

SPECIAL EQUIPMENT:

Donut pans

Nonstick cooking spray


1. Preheat oven to 350° F.
2. Coat two donut pans with cooking spray (or work in batches with one donut pan, if needed).
3. Place sugar, coconut milk, maple syrup, ghee, egg, and extract in blender; cover and blend until smooth. Leave in blender; set aside.
4. In a medium mixing bowl, stir together flour, almond flour, baking powder, and salt. Add contents of bowl to blender; cover and blend until smooth batter forms, scraping down sides as needed.
5. Transfer batter to a piping bag or resealable plastic bag. Cut a medium hole at the bottom corner. Divide batter evenly among 12 donut molds; bake 14 to 16 minutes, rotating pans and switching shelves halfway through cooking, until a toothpick inserted into the center of a donut comes out clean. Transfer donuts to a cooling rack; let cool 1 hour.
6. Place a heatproof bowl over a pot of gently simmering water. Add chocolate chips and oil; stir until melted.
7. When donuts have cooled, dip one side of each into chocolate; place on cooling rack to set before serving.
8. Store donuts refrigerated in an airtight container for up to 5 days.

RECIPE NOTES:

- You can carefully divide the batter by pouring out of a liquid measuring cup or spooning the batter into the donut pan. This will likely be messy! Using a resealable bag with a hole cut at the bottom corner works just as well as a piping bag. Be sure to scrape down batter with a butter knife.
- Not all of the chocolate mixture will stick to the donuts. The Ultimate Portion Fix containers for this recipe are calculated based on how much chocolate mixture is actually consumed.

NUTRITIONAL INFORMATION (per serving): Calories: 226 Total Fat: 10 g Saturated Fat: 5 g Cholesterol: 10 mg
Sodium: 115 mg Carbohydrates: 32 g Fiber: 2 g Sugars: 15 g Protein: 3 g

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Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

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