

Apple Cider Donuts

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A fall favorite here in NJ!

Makes 6

Blue – 2 points per donut

Purple – 2 Points per donut

Green – 2 points for 1, 5 points for 2

Donuts

- 3/4 cup all purpose flour
- 1/2 cup zero calorie granulated sugar replacement (I use Lakanto Monkfruit)
- 1 tsp baking powder
- 1/2 tsp cinnamon
- dash nutmeg
- 1/2 tsp salt
- 1/4 cup apple cider
- 1 egg
- 1/2 tsp vanilla
- 1 1/2 tsp light butter, melted

Topping

- 3 Tbsp zero calorie granulated sugar replacement (I use Lakanto Monkfruit)
- 2 tsp cinnamon

- 2 tsp light butter, melted

Donuts

1. Preheat oven to 350. Spray a donut pan with non stick spray
2. In a medium bowl, mix together flour, sugar, baking powder, cinnamon, nutmeg, and salt. Stir or whisk until well combined
3. Add cider, egg, vanilla and melted butter.
4. Stir or whisk until well combined.
5. Divide batter evenly into 6 count donut pan using either a spoon or a piping bag.
6. Bake for 10-12 minutes. Do not overbake
7. Let cool for 5-7 minutes. Remove from pan.

Topping

1. Combine sugar and cinnamon in a bowl.
2. Melt butter.
3. Brush butter on one side of donut and dredge in cinnamon sugar mixture. Brush other side and do the same.
4. If you want to freeze them, do so before adding the topping. When you want to use, defrost and add topping before eating.