

# Jelly Filled Sugar Donut Muffins

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Adapted from Cafe Delights

Makes 12, Serving Size 1

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

- 1 cup flour
  - 1 tsp baking powder
  - 1/2 tsp baking soda
  - 1/4 tsp salt
  - 2 Tbsp zero calorie sweetener, I use Monkfruit
  - 1 Tbsp Avocado oil (or other light flavored oil of your choice)
  - 1 Tbsp unsweetened applesauce
  - 1 egg
  - 2 tsp vanilla extract
  - 1/2 cup 1% milk or milk of your choice
  - 1/4 cup of extra Monkfruit for coating
  - 1/3 cup reduced sugar or sugar free jam of choice (check points!)
1. Preheat oven to 350. Spray a 12 cup muffin tin with non stick spray
  2. In a large bowl, whisk all of the dry ingredients

together. Make a well in the center and add the oil, egg, vanilla and milk. Whisk the batter until smooth and lump free

3. Spoon the batter (about 2 Tablespoons) into each muffin hole, Bake for 10-15 minutes, or until they are golden in color and a toothpick inserted into the center of a donut comes out clean. Allow them to cool for 5 minutes. While they're still warm, gently roll each donut hole into the sugar until evenly coated.
4. Fill a piping bag with the jam, and using a small round tip, fill each donut with the jam until they puff up and expand (not too much or the donuts will overflow).
5. Serve the same day they are made or freeze.

Dessert  
Desserts  
donuts