

Pumpkin Donuts

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Makes 6 Donuts

Blue – 1 donut – 1 point, 2 donuts – 2 points, 3 donuts -5 points

Purple – 1 donut – 1 point, 2 donuts – 2 points, 3 donuts -5 points

Green – 1 donut – 1 point, 2 donuts – 2 points, 3 donuts -7 points

This post contains affiliate links (for the donut pan). I receive a small commission if you purchase through my link. There is no upcharge

Donuts

- 3/4 all purpose flour
- 1/2 cup zero calorie sweetener, such as Lakanto Monkfruit
- 1 tsp baking powder
- 2 tsp pumpkin pie spice
- 1/2 tsp salt
- 1 egg
- 2/3 cup pure pumpkin puree
- 1/4 cup unsweetened almond milk
- 1/2 tsp vanilla
- 2 tsp light butter, melted

Glaze

- 2 Tbsp sugar free maple syrup
- 1/4 cup zero calorie confectioners sugar
- 1/4 tsp vanilla

Donuts

1. Preheat oven to 350. Spray a 6 well [donut pan](#) with non stick spray.
2. In a medium bowl, combine flour, sugar, baking powder, pumpkin pie spice and salt. Mix until dry ingredients are combined
3. Add egg, pumpkin, almond milk, vanilla and melted butter. Stir until well combined
4. Divide batter evenly among wells of donut pan.
5. Bake at 350 about 16 minutes.
6. Bake at 350 about 16 minutes. Remove from pan, cool completely. Glaze donuts.

Glaze

1. In a shallow bowl, combine syrup, confectioners sugar and vanilla. Whisk until smooth. (For smoother glaze, sift the icing)
2. Dip donuts in glaze and place on wire rack to let glaze set.
3. If you do not want to glaze donuts, you can brush the tops with melted butter and dip in a cinnamon sugar mixture.

