



VEGAN BAKED PUMPKIN SPICE DONUTS

INGREDIENTS

Pumpkin Spice Glaze Ingredients:

- 1 cup (240ml) – org coconut cream (full fat) at room temperature
- ½ cup (115 g) – org pumpkin puree
- 1/3 cup (78.9 ml) – org bourbon barrel aged maple syrup (or plain maple syrup)
- 1/8 cup (30 ml) – unrefined raw org coconut oil (melted)
- ¼ tsp (1.42 g) – org pumpkin spice mix (or a mix of cinnamon, cardamom and nutmeg)

Donuts Ingredients

Dry ingredients:

- 2 ½ cups (344g) – org gluten-free almond flour
- 1 cup (128 g) – org oat flour
- 1 cup (128 g) – org tapioca flour/ starch
- 2 tsp (10 g) – baking powder
- 1 tsp (5 g) – baking soda
- ½ tsp (2.5 g) – org pumpkin spice mix (or a mix of cinnamon, cardamom and nutmeg)
- ¼ tsp (1.25 g) – himalayan or celtic salt

Wet ingredients:

- 1 cup (236 ml) – org oat milk (or preferred plant-based milk)
- ½ cup (115 g) – org pumpkin puree
- ½ cup (120 ml) – unrefined raw org coconut oil (melted)
- 2 flex eggs – 2 tbsp (56 g) - white chia seeds based (or black chia seeds) - see recipe tip# 1
- ½ cup (118.3 ml) – pure maple syrup
- 2 tsp (12 ml) – apple cider vinegar

Dark chocolate drizzle (optional):

- 2-3 squares of dark chocolate (vegan, gluten-free)
- 1 tsp (5 ml) - unrefined raw org coconut oil (melted)

DIRECTIONS (1)

Pumpkin Spice Glaze Making:

Step 1

In a medium sized bowl mix together all ingredients and whip together until the pumpkin puree and pumpkin spice mix has incorporated.

Step 2

Keep bowl at room temperature until donuts are ready and cooled enough to start the glazing process.

Donuts Making:

Tip# 1: Prepare the flex egg(s) the day before and refrigerate (or 10-15 minutes before starting to prepare the recipe) 1:2 ratio – 1 tbsp white chia seeds to 2 tbsp water – in this case – mix the 2 tbsp of white chia seeds with the 4 tbsp of cold bottled or filtered water.

Preheat oven at 350° F (180°C)

Step 1

In a large bowl or mixer bowl combine and whisk ALL DRY ingredients – *stand up mixer is recommended* or hand mixer alternatively.

- almond flour
- oat flour
- tapioca flour
- baking soda
- baking powder
- pumpkin spice mix
- salt

Step 2

To the bowl of mixed dry ingredients add ALL the wet ingredients:

- oat milk
- pumpkin puree
- coconut oil
- flex eggs
- maple syrup
- apple cider vinegar

Mix ingredients well starting up at low speed and increase to high speed once all ingredients are well incorporated. Mix batter for approximately 2 minutes. Do add extra 2 minutes at the very end. There isn't an over beating danger with a gluten-free batter.

VEGAN
GLUTEN-FREE
REFINED SUGAR-FREE

PREP: 15 MIN
COOK: 25-30 MIN
TOTAL TIME: 45 MIN
COOLING: 15 MIN-30 MIN
SERVES: 14-16

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DIRECTIONS (2)

Step 3

Prepare your donut non-stick or silicone pans. You need two or three tins/molds to obtain 14-16 donuts. With a small silicone slightly brush coconut oil, the bottom of each individual mold. This will ease the removing of the donuts after baking.

With a spoon (or using a piping bag), add the donut batter to each individual donut mold.

Place the pans into the preheated oven and bake for 25 minutes.

Step 4

The donut batter should start raising after 10 minutes – bake for up to 25-30 minutes. The donuts should be all raised and slightly browned.

Remove pans from the oven and let cool for 10-15 minutes. When removing the baked donuts, turn the pans upside down on the cooling rack. If using a silicone mold, remove carefully one at the time.

Step 5

After a cooling time of 30 minutes to 1-hour start glazing the donuts individually. For a faster cooling time, you can refrigerate for 10-15 minutes before glazing. The cooler the donuts are, the better the glaze will stick and not melt.

Step 6

Under the cooling rack, place a baking pan, and start the glazing process. If you chose to add the dark chocolate drizzle, follow the next steps, otherwise, follow your creative side.

- Dip all donuts individually - glazing the smooth side only. Start dipping each in the pumpkin spice glaze – (rotate the donut wheel in the glaze as you pull it out) and leave to rest on top of the cooling rack. Repeat the process if you desire a thicker layer of glaze.
- Add the dark chocolate squares and coconut oil to a small glass bowl and microwave for 30 sec.
- Drizzle on top of the donuts with the help of a teaspoon.

Enjoy freshly baked!

Transportation Tip:

Refrigerate the donuts (on the cooling rack) for 30 min. – 1 hour or more if you'd like to transport them, or before adding them into a tight container. Before storing in an air tight container, place a layer of parchment paper in between each donut layer so they won't stick.

Leftovers can be kept for up to max 2-3 days in an airtight container. Refrigeration recommended.