

Ashley's Meal Prep Monday!

Cinnamon Sugar Pumpkin Spice Donuts

INGREDIENTS

1 cup almond milk
1 cup pumpkin puree
1 cup coconut sugar
1/2 cup melted vegan butter
1 TSP vanilla
1 1/2 TSP baking powder
1 TSP baking soda
2 TSP pumpkin pie spice
2 cups all purpose flour
1/4 cup monkfruit sweetener
1 TBSP cinnamon

Preheat oven to 350

Mix milk, pumpkin, sugar, melted butter, vanilla, baking powder, baking soda, and pumpkin pie spice together. Add in flour and mix until smooth batter is formed.

Spoon batter into greased silicone donut molds. (Should make roughly 16-18 - my donut molds hold 12, so I put the rest of the batter in a mini muffin pan) Bake for about 25 minutes.

While in the oven, mix the monkfruit and cinnamon.

Allow donuts to cool before tossing them in the topping. If it doesn't stick, lightly spray with coconut oil before tossing.



RECIPE - PEANUTBUTTERANDJILLY.COM

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