



Trail Mix Donuts

- ☐ A 1/3 cup of white whole wheat flour
- ☐ A 1/3 cup of Coconut Flour
- ☐ 2/3 cups of Almond Flour
- ☐ 1 teaspoon baking powder
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon cinnamon
- ☐
- ☐ 1/4 teaspoon nutmeg
- ☐ 1/4 cup of your favorite Trail Mix (crushed)
- ☐ 1 cup of Almond Milk
- ☐ 1 teaspoon vanilla
- ☐ 1 tbsp of vegan butter or coconut oil
- ☐ 2 tbsp of light brown sugar

1. Preheat the oven to 350 degrees F. Spray donut pan with nonstick spray!
2. In a large mixing bowl, combine the flours, baking powder, salt, cinnamon, nutmeg and brown sugar. Whisk for 30 seconds to distribute.
3. In a small bowl, melt oil/butter for 15-25 seconds.
4. Add vanilla and milk to your bowl with oil/butter. Mix until evenly distributed.
5. Combine wet and dry mixtures.
6. Transfer the batter to a large Ziploc bag with a corner snipped off, and pipe into the donut pan. Be sure to not fill up too high!
7. Bake for 6 minutes, then add Trail Mix on top.
8. Continue baking for ~12 more minutes, or until cake springs back when touched.
9. Turn the donuts out onto a cooling rack; immediately brush with melted butter or oil.

Store in an airtight container for 3 days, in the fridge for a week or can be frozen for up to a month.

Enjoy!

Makes 9-10 donuts

kCalories per donut (without Trail Mix) 122

Macronutrients: 10C/5F/5P