

Recipe by 100 Days of Real Food

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Whole-Grain Donuts (for the Mini Donut-Maker)

(2 Ways - Original and Chocolate)

Adapted from Bella Cucina Donut Maker Recipe Booklet

Ingredients

Original Flavor

- 1 cup whole-wheat flour
- 3 tsp baking powder
- 1 egg
- 1/2 cup milk
- 1/4 cup pure maple syrup
- 1/2 teaspoon vanilla extract
- 4 tablespoons melted
- coconut oil

Chocolate Flavor

- 1 cup whole-wheat flour
- 3 tsp baking powder
- 1 tbsp unsweetened cocoa (we prefer "special dark" 100% cacao)
- 1 egg
- 1/2 cup milk
- 1/4 cup pure maple syrup
- 1/2 teaspoon vanilla extract
- 4 tablespoons melted
- coconut oil

Instructions

1. Whisk together the dry ingredients.
2. Make a well (hole) in the middle and drop in the egg, milk, syrup, vanilla, and coconut oil.
3. Stir together with a fork until well combined.
4. Follow manufacturer directions to make donuts using the batter.
5. Serve donuts or freeze for another day! We love to add these as an occasional treat to school lunches.

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