

# **Gluten Free Baked Pumpkin Donuts with Maple Glaze**



## Ingredients for Gluten Free Baked Pumpkin Donuts with Maple Glaze:

- $1\frac{1}{2}$  cups gluten-free all purpose flour
- $\frac{1}{3}$  cup coconut sugar
- 1 tsp . baking powder
- $\frac{1}{2}$  tsp . baking soda
- $\frac{1}{2}$  tsp . sea salt (or Himalayan salt)
- $\frac{3}{4}$  tsp . pumpkin pie spice
- $\frac{1}{4}$  tsp . ground nutmeg
- $\frac{1}{3}$  cup pumpkin puree
- 4 Tbsp . extra-virgin organic coconut oil , melted, divided use
- $\frac{1}{2}$  cup canned coconut milk

**Nonstick cooking spray**

**·  $\frac{1}{4}$  cup pure maple syrup**

**·  $\frac{1}{4}$  cup coconut butter , softened**

**· 2 Tbsp . water**

## **Directions for Gluten Free Baked Pumpkin Donuts with Maple Glaze:**

- 1. Preheat oven to 350° F.**
- 2. Combine flour, sugar, baking powder, baking soda, salt, pumpkin pie spice, and nutmeg in a large bowl; mix well. Set aside.**
- 3. Combine pumpkin, 2 Tbsp. oil, and coconut milk; mix well.**
- 4. Add pumpkin mixture to flour mixture; mix until just blended.**
- 5. Place batter in large re-sealable plastic bag. Cut off one corner to create a piping bag. Pipe batter into a donut**

pan lightly coated with spray, filling  $\frac{3}{4}$  full. Bake for 8 to 12 minutes, or until a toothpick inserted in the middle comes out clean. Cool to room temperature.

6. While donuts are baking, place maple syrup, coconut butter, and *remaining* 2 Tbsp. oil in blender; cover. Blend until smooth.
7. Place glaze in a medium bowl. Dip top of each donut into glaze; place on a wire rack until glaze sets.

Recipe for Gluten Free Baked Pumpkin Donuts with Maple Glaze comes from [Beachbodyondemand.com](http://Beachbodyondemand.com)