

Apple Cider Donuts

Recipe inspired by “Built to Last – Milk Free Egg Free Baked Apple Cider Donuts”

Free of Egg, Peanuts, Tree nuts, Sesame, Soy, Shellfish, Dairy

2 cups flour

1 ½ tsp baking powder

1 ½ tsp baking soda

½ tsp salt

2 tsp cinnamon

5 TBSP vegetable or olive oil (mild taste)

1 cup + 2 TBSP apple cider

2/3 cup brown sugar

½ cup applesauce (unsweetened)

1/3 cup maple syrup

Preheat oven to 400 F and grease donut pan (if you don't have a donut pan, you can make muffins instead – just allow for additional cooking time).

Heat apple cider in a sauce pan for about 20 to 30 minutes over low heat. In a separate bowl, mix the flour, baking powder, baking soda, salt, cinnamon and sugar. In another separate bowl, mix the oil, apple cider, applesauce and maple syrup. Add the dry ingredients and stir until the batter is smooth. Fill the donut (or muffin) tins using a spoon. The tins should be about ½ full. Bake for 8-10 minutes (20 to 30 minutes for muffins) or until a knife inserted into the donuts comes out clean. Let the donuts cool for five minutes and then turn them onto a baking rack to continue cooling. If you have batter left-over, clean, dry, and grease your pan and then fill and bake again until you have used up all of your batter.

Servings: 15 (\$0.41/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free.***