

# Pumpkin Chocolate Donut



prep time  
~10 minutes



total time  
~30 minutes



servings  
12  
small donuts

## Ingredients

- 5 large eggs ~ 5 protein, 1 2/3 fat
- ½ cup coconut milk ~ 2 fat
- ½ cup pure maple syrup ~ 4 carb
- ½ cup pumpkin puree ~ ½ carb
- ¼ cup coconut oil ~ 4 fat
- 1 teaspoon vanilla extract
- ¾ cup/96 grams blanched almond flour ~ 3 fat
- ½ cup/64 grams coconut flour ~ 2 fat
- 1 teaspoon baking soda
- 2 teaspoons of pumpkin pie spice (or make your own: 1 teaspoon ground cinnamon, ½ teaspoon ground nutmeg, ½ teaspoon ground ginger, ¼ teaspoon ground cloves, ¼ teaspoon ground cardamom, ¼ teaspoon sea salt)

## Dark Chocolate Glaze

- ¼ cup (40 grams) dark chocolate, chopped and melted ~ 1 carb, 1 fat
- 1½ teaspoons coconut oil, melted ~ ½ fat
- 1 teaspoon raw honey ~ 1/3 carb

🍴 dessert

🍴 treats

## Instructions

- 1 Preheat the oven to 350 degrees F and oil/spray the insides of your donut pan very well.
- 2 Place the eggs, coconut milk, pumpkin, maple, coconut oil and vanilla in a blender and blend until frothy, about 15 seconds.
- 3 Add the dry ingredients, then blend on low for 10 seconds and on high for about 20 seconds. Take time to scrape down the sides to ensure everything is well-mixed.
- 4 Pour the batter into the pan, filling each cavity 2/3 of the way full and bake for 20 minutes. Let them cool for 10 minutes before removing the doughnuts from the pan and cool on a cooling rack.
- 5 Repeat with your remaining batter.



- 6 Melt the dark chocolate, coconut oil and honey. Then mix thoroughly.
- 7 Dip the donuts in the chocolate glaze until a light coating is on top. Set on a cookie sheet and allow to harden. You can place them in the freezer for 2-3 minutes if you need the chocolate to harden faster.

Whole Recipe Breakdown:

Protein Servings: 5

Carb Servings: ~6

Fat Servings: ~14

Veggie Servings: 0

