

# **PUMPKIN SNICKERDOODLES**

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## **INGREDIENTS**

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1 butter at room temperature

1/2 cup unsweetened  
applesauce

1 tsp stevia

3/4 cup pumpkin puree

1/4 tsp vanilla

**Cinnamon Sugar**  
1/4 cup coconut sugar  
1 tsp cinnamon

3 cups gluten free flour

2 tsp pumpkin pie spice

1 egg

1/2 tsp cream of tarter

1/2 tsp baking powder

1/2 tsp sea salt

## **PROCEDURE**

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Preheat oven to 375 degrees.

Lightly butter/grease donut pan.

Whisk together almond flour, baking powder, baking soda, and sea salt. Set aside.

Using electric mixer, whisk egg whites until stiff peaks form.

Whisk egg yolks, butter, pumpkin, vanilla, spices and stevia until smooth.

Gently fold the egg whites into the egg yolk mixture.

Gently fold the dry ingredients and the egg yolk mixture together.

Spoon the thick batter into the donut pan, using 1/4-1/3 cup of batter for each donut.

Bake 15-17 minutes until the donuts are lightly browned.

Allow donuts to cool for 10 minutes before removing from pan.

Continue cooling on a wire rack.

Whisk together stevia and cinnamon. Spray each donut with oil coating completely. Roll each donut in mixture.

**NATURAL HEALTH**

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