

# ***PUMPKIN SPICE DONUTS***

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## **INGREDIENTS**

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2 1/2 cups almond flour  
1/4 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp sea salt  
2 eggs, separated  
3/4 cup pumpkin puree  
1/4 cup butter, melted room temperature

1/2 tsp vanilla  
1/2-1 tsp stevia  
1 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp ginger  
1/8 tsp allspice  
1/8 tsp cloves

For the coating  
1/2 - 1 tsp stevia  
1/4 tsp cinnamon

## **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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