



Vegan Donuts

I recently traveled to Portland, Oregon and stopped at Voodoo Donut, probably the most well-known boutique donut shop in the U.S. (and maybe the world). I was delighted by the diversity and quality of the donuts sold there, and I wondered if there was a creative way to make vegan donuts? This low-calorie recipe answers that question with a conclusive yes!

Ingredients

1 cup soy milk
1/4 cup apple sauce (no added sugar)
1 tbs sunflower oil
1 1/2 cups whole wheat flour
1 tsp mixed spice (a mixture of allspice, cinnamon and nutmeg)
1 cup stevia
Reduced-fat chocolate spread
Sugar-free flavored sprinkles

Preparation Process

Pour the soy milk, apple sauce, sunflower oil into a measuring cup and stir

In a large bowl, add the flour, mixed spices and 1/2 cup stevia and stir together

Pour the milk mixture into the flour mixture and mix into a sticky batter

Add a few drops of the sunflower oil into a donut pan, then add the batter and bake at 350 degrees for 12-15 minutes

Create a stevia mix by mixing 1/2 cup of stevia with a small amount of water (depending on your preferred consistency)

Dip the donuts individually into the stevia mix, then coat with the chocolate spread and/or the flavored sprinkles of your choice

Bonus Items

If you want to watch the video again. Click [here](#).

The recipe calls for a donut pan. If you can't locate one at a local store, you can buy a very affordable Wilton model [here](#).