



## Ashley's Triple Chocolate Doughnuts



Gluten Free



Popular

READY IN



42 min.

SERVINGS



10

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 tablespoons almond flour
- ☐ 2 tablespoons vanilla almond milk unsweetened
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons vegan butter
- ☐ 0.5 cup cane sugar pure
- ☐ 0.3 cup cocoa powder
- ☐ 2 tablespoons coconut flour

- ☐ 2 tablespoons ground flax meal
- ☐ 0.5 cup oat flour
- ☐ 3 tablespoons oil (I used grapeseed oil-AL)
- ☐ 0.7 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 10 servings vegan sprinkles for garnish (i used let's do sprinklez -al)
- ☐ 0.5 cup rice flour sweet
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 cup vegan chocolate chips dark mini (I used Enjoy Life chips-AL)

## Equipment

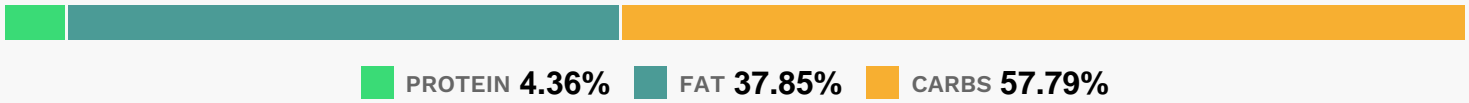
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ wooden spoon
- ☐ baking spatula

## Directions

- ☐ Combine the dry ingredients in a large bowl and stir until combined. In another bowl, whisk all of the wet ingredients (milk, applesauce, oil) together until fully combined.
- ☐ Pour the wet mixture into the dry ingredients and stir with a wooden spoon until just combined, being careful not to overmix (stop when you no longer see dry flour).
- ☐ Let batter sit for 5 minutes. Do not stir after this point. The batter will be very thick and not pourable. Spoon the batter into the doughnut molds, filling to just below the top of each mold (3 to 6 mm) from the top. Lightly smooth out the top of the batter with a small silicone spatula. Do not pack the batter down.
- ☐ Bake for 18-23 minutes. A toothpick inserted into the centre should come out clean (unless you stab it into a melted chocolate chip, that is!).

- ☐
- Add the frosting ingredients into a medium bowl and beat with electric mixers until smooth, adjusting the amount of milk or sugar, if necessary.
- ☐
- Spread the frosting onto cooled doughnuts and garnish with sprinkles, if desired.

Nutrition Facts



Properties

Glycemic Index:36.61, Glycemic Load:11.32, Inflammation Score:-3, Nutrition Score:5.5317390927154%

Flavonoids

Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg Epicatechin: 8.78mg, Epicatechin: 8.78mg, Epicatechin: 8.78mg, Epicatechin: 8.78mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 312.26kcal (15.61%), Fat: 13.95g (21.46%), Saturated Fat: 5.63g (35.16%), Carbohydrates: 47.93g (15.98%), Net Carbohydrates: 44.05g (16.02%), Sugar: 32g (35.56%), Cholesterol: 9.03mg (3.01%), Sodium: 250.1mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.89mg (3.3%), Protein: 3.61g (7.23%), Manganese: 0.54mg (26.97%), Fiber: 3.88g (15.51%), Copper: 0.22mg (10.99%), Iron: 1.75mg (9.74%), Magnesium: 38.76mg (9.69%), Vitamin E: 1.38mg (9.17%), Phosphorus: 85.59mg (8.56%), Selenium: 4.39µg (6.27%), Calcium: 56.42mg (5.64%), Vitamin B1: 0.08mg (5.38%), Zinc: 0.62mg (4.12%), Potassium: 111.07mg (3.17%), Vitamin B6: 0.06mg (2.79%), Vitamin B3: 0.44mg (2.2%), Vitamin A: 106.73IU (2.13%), Vitamin B2: 0.03mg (1.67%), Folate: 5.14µg (1.29%), Vitamin B5: 0.11mg (1.09%)