



Sprouted Grain Doughnuts: Yes, Everyone Deserves a Treat



Vegetarian



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



411 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup coconut oil melted ()
- ☐ 2 packages yeast dried
- ☐ 1 eggs beaten ()
- ☐ 4 cups sprouted flour
- ☐ 3 tbsp honey
- ☐ 1.5 cups milk

- ☐ 1 tsp unrefined sea salt
- ☐ 1 tsp vanilla
- ☐ 12 servings pastured lard for frying

Equipment

- ☐ frying pan
- ☐ rolling pin
- ☐ apple corer
- ☐ canning jar
- ☐ dehydrator

Directions

- ☐ sprouted grain doughnuts: instructions
- ☐ Warm milk, honey, salt and butter together.
- ☐ Add yeast and wait five minutes for it to proof.
- ☐ Mix liquid mixture with 1 beaten egg.
- ☐ Add sprouted flour and knead thoroughly. Form into a ball and allow to rise until double in bulk. I prefer to allow my breads to rise in an Excalibur dehydrator (see sources) which is efficient and effective. Once the dough is doubled in bulk, roll it out with a rolling pin until ½-inch thick.
- ☐ Cut with a doughnut cutter or other tool. We used an inverted mason jar for the doughnut and an apple corer for the center.
- ☐ Heat a ½-inch to ¾-inch coconut oil or pastured lard in a cast iron skillet over a medium-high flame. Fry doughnuts 3 – 4 at a time in the oil. They'll puff up nearly immediately. Turn when golden brown – a few seconds – and fry the other side.
- ☐ Remove doughnuts, cool and drain. Top with coconut vanilla glaze. coconut vanilla glaze: instructions
- ☐ Whip melted coconut oil, honey and vanilla together. Keep warm and viscous, but not hot.
- ☐ Pour over doughnuts or madeleines as appropriate.

Nutrition Facts



 **PROTEIN 6.02%**  **FAT 57.64%**  **CARBS 36.34%**

Properties

Glycemic Index:21.61, Glycemic Load:25.86, Inflammation Score:-4, Nutrition Score:8.6417390875842%

Nutrients (% of daily need)

Calories: 410.67kcal (20.53%), Fat: 26.97g (41.49%), Saturated Fat: 20.17g (126.05%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 36.8g (13.38%), Sugar: 5.95g (6.61%), Cholesterol: 37.64mg (12.55%), Sodium: 273.07mg (11.87%), Alcohol: 0.12g (100%), Alcohol %: 0.12% (100%), Protein: 6.33g (12.67%), Vitamin B1: 0.47mg (31.63%), Folate: 105.66µg (26.42%), Selenium: 16.06µg (22.94%), Vitamin B2: 0.32mg (18.64%), Vitamin B3: 2.98mg (14.88%), Manganese: 0.3mg (14.78%), Iron: 2.06mg (11.43%), Phosphorus: 93mg (9.3%), Vitamin A: 305.57IU (6.11%), Fiber: 1.45g (5.8%), Vitamin B5: 0.52mg (5.24%), Calcium: 49.09mg (4.91%), Zinc: 0.58mg (3.87%), Vitamin B12: 0.21µg (3.57%), Magnesium: 14.24mg (3.56%), Copper: 0.07mg (3.52%), Potassium: 112.09mg (3.2%), Vitamin B6: 0.06mg (3.12%), Vitamin D: 0.41µg (2.73%), Vitamin E: 0.32mg (2.12%)