



Triple Chocolate Donuts with Sprinkles

 Dairy Free

READY IN



40 min.

SERVINGS



18

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 2 large bananas ripe
- ☐ 0.3 tsp bicarbonate of soda
- ☐ 30 g cocoa powder
- ☐ 110 g dairy free spread cooled melted
- ☐ 150 g chocolate chips dark
- ☐ 2 flax eggs
- ☐ 220 g flour plain

- ☐ 1 pinch salt
- ☐ 200 g caster sugar
- ☐ 1 tsp vanilla extract

Equipment

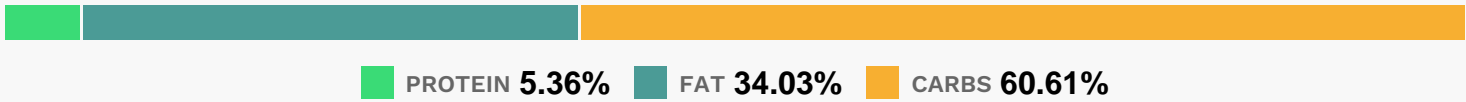
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ spatula
- ☐ skewers

Directions

- ☐ Mix up your flax eggs. Each flax egg is 1 tbsp of freshly ground flax seeds (linseeds) with 3 tbsp of water. You need two for this recipe.
- ☐ Mix together and pop in the fridge to thicken.
- ☐ Preheat the oven to 350f/180c/160c fan/gas mark 4 and spray your donut pan with cake release spray.
- ☐ Sieve the dry ingredients together in a bowl and gently mixed together.
- ☐ Mash the banana and mix in the melted spread, vanilla extract and flax eggs..
- ☐ Fold the wet ingredients into the dry ingredients with a spatula, then fold in the chocolate chips.
- ☐ Pour some of the mixture into each ring of the donut pan, only filling to just a little less than $\frac{3}{4}$ full.
- ☐ Bake for 7 or 8 minutes until a skewer comes out mostly clean. Remember that chocolate cake benefits from being slightly under cooked. You will have to do the donuts in three batches unless you have more trays.
- ☐ When the donuts have cooled a little slide out of the pan and cool on a rack.
- ☐ Once the donuts are cool, melt some dark chocolate and spoon some over each donut, then top with sprinkles.

Enjoy!

Nutrition Facts



Properties

Glycemic Index:17.99, Glycemic Load:16.25, Inflammation Score:-3, Nutrition Score:4.9782608747482%

Flavonoids

Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 191.88kcal (9.59%), Fat: 7.47g (11.49%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 27.97g (10.17%), Sugar: 15.88g (17.65%), Cholesterol: 0.08mg (0.03%), Sodium: 96.33mg (4.19%), Alcohol: 0.08g (100%), Alcohol %: 0.18% (100%), Caffeine: 3.83mg (1.28%), Protein: 2.65g (5.29%), Manganese: 0.23mg (11.42%), Vitamin E: 1.34mg (8.94%), Vitamin B1: 0.13mg (8.57%), Fiber: 1.96g (7.84%), Selenium: 5.32µg (7.59%), Folate: 28.64µg (7.16%), Copper: 0.12mg (6.12%), Iron: 1.04mg (5.8%), Magnesium: 22.54mg (5.63%), Vitamin B2: 0.09mg (5.55%), Phosphorus: 52.25mg (5.22%), Vitamin B3: 0.98mg (4.9%), Vitamin A: 243.89IU (4.88%), Calcium: 47.96mg (4.8%), Potassium: 156.62mg (4.47%), Vitamin K: 4.24µg (4.03%), Vitamin B6: 0.08mg (3.95%), Zinc: 0.57mg (3.77%), Vitamin B5: 0.18mg (1.82%), Vitamin C: 1.36mg (1.65%)