

Book Review: Sugar-Free Mom (Grain-free Chocolate Glazed Donuts)

Hands-on 10 minutes Overall 25-30 minutes

Nutritional values (per donut): Total carbs: 8.1 g, Fiber: 3.8 g, **Net carbs: 4.3 g,**

Protein: 6.3 g, Fat: 15 g, Calories: 181 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 9 donuts)

Dry ingredients:

- 1/2 cup coconut flour (60 g/ 2.1 oz)
- 1/2 cup unsweetened cocoa powder (45 g/ 1.5 oz)
- 1 tsp gluten-free baking powder
- 1/4 tsp baking soda
- 1/2 cup erythritol - I used *powdered* (80 g/ 2.8 oz) or 3 tbsp powdered stevia
- 1/2 tsp salt (I like pink Himalayan)

Wet ingredients:

- 1/2 cup milk - I used Aroy-D coconut milk instead (120 ml/ 4 fl oz)
- 1/4 cup plain Greek yogurt - I used *full-fat Greek yogurt* (65 g/ 2.2 oz) - you can use coconut cream for dairy-free
- 4 large eggs
- 2 tbsp oil - I used melted ghee (30 g/ 1.1 oz) - you can make your own
- 1 tsp sugar-free vanilla extract (you can make your own)
- 1-2 tsp liquid Stevia - I used *30 drops of Vanilla Stevia*

Chocolate glaze:

- 1/4 cup sugar-free chocolate chips - I used dark 85% chocolate chips (45 g/ 1.6 oz)
- 2 tbsp butter (30 g/ 1.1 oz)

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Whisk dry ingredients together using a mixer or hand whisk: coconut flour, cocoa powder, baking powder, baking soda, Erythritol and salt.
2. Blend wet ingredients together in a separate bowl: eggs, yogurt, melted ghee,
3. ... coconut milk, vanilla extract,...

4. ... and stevia. Mix until well combined (*All ingredients I used were at room temperature*).
5. Slowly stir the dry ingredients into the wet ingredients until combined - *I accidentally did the opposite but it worked just fine. I just mixed it well to remove any clumps :)*
6. Spray or grease a donut pan with some coconut oil or use a silicone donut pan (works best!). Bake for 15 minutes or until donuts bounce back when touched or toothpick near centre comes out clean. (*It took 18 minutes for mine to cook*)
7. Remove from the oven and let them cool down.
8. Once cool, melt glaze ingredients in microwave for 30 seconds and stir until smooth. Evenly pour on top of each donut. Enjoy!

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