Healthy Low-Carb Cinnamon Donuts

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per donut): Total carbs: 6.7 g, Fiber: 3 g, **Net carbs: 3.7 g**, Protein: 8.6 g, Fat: 23.3 g, Calories: 260 kcal,

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

Ingredients (makes 6 donuts)

1 1/2 cups almond flour (150 g/ 5.3 oz)

1/3 cup granulated Swerve *or* Erythritol (65 g/ 2.3 oz)

2 tsp gluten-free baking powder

1 tsp cinnamon

1/8 tsp sea salt

1/4 cup butter *or* ghee (57 g/ 2 oz)

3 large eggs

1/2 tsp sugar-free vanilla extract

1/2 tsp nutmeg

For dusting:

2 tbsp powdered Swerve *or* Erythritol (20 g/ 0.7 oz)

1 tsp cinnamon

Instructions

1. Preheat oven to 170 °C/ 340 °F (fan assisted), or 190 °C/ 375 °F (conventional).
2. Melt the butter on the stovetop or in the microwave. Whisk eggs and add melted butter and vanilla. Add all other ingredients and mix until well combined.
3. Grease the donut pan really well, as these can sometimes stick. Pipe or spoon dough into donut pan.
4. Bake for about 15 minutes, or until set and golden brown.
5. Dust with Swerve and cinnamon to finish off.
6. Store in a sealed container for up to 5 days (if they last that long!). For longer storage, you can freeze the donuts for up to 3 months.

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