Keto Maple Glazed Baked Donuts

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per donut): Total carbs: 9.7 g, Fiber: 4.3 g, **Net carbs: 5.4 g**, Protein: 9.3 g, Fat: 24.3 g, Calories: 282 kcal,

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

Ingredients (makes 6 donuts)

Donuts:

- 1 1/2 cups almond flour (150 g/ 5.3 oz)
- 1/2 cup granulated Swerve *or* Erythritol (100 g/ 3.5 oz)
- 1 tbsp pumpkin pie spice (5.5 g/ 0.2 oz) - *you can make your own pumpkin pie spice mix*
- 2 tsp gluten-free baking powder
- 1 tsp vanilla extract *or* 1/4 tsp vanilla bean powder
- 1/4 tsp sea salt
- 3 large eggs
- 1/4 cup unsweetened pumpkin puree (50 g/ 1.8 oz)

Maple glaze:

- 1/4 cup coconut cream (60 g/ 2.1 oz)
- 3 tbsp confectioners Swerve *or* powdered Erythritol (30 g/ 1.1 oz)
- 2 tbsp coconut butter *or* blanched almond butter (32 g/ 1.1 oz)
- 1 tbsp virgin coconut oil
- 2 tsp sugar-free maple extract

Instructions

1. Preheat oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted) and grease a donut pan. In a large bowl mix together all of the ingredients for the donuts.
2. Transfer the batter to a piping bag and fill the donut mold evenly.
3. Transfer the pan to the oven and bake 15 to 20 minutes until a toothpick inserted into the middle of a donut comes out clean.
4. In a small vessel mix together the glaze ingredients, microwave for 30 seconds until smooth then dip each donut into the glaze.
5. Store in an airtight container in the refrigerator for up to 4 days.

More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides

Keto Diet App

Free & premium keto diet plans

This free recipe cannot be redistributed without prior permission from KetoDietApp.com. If you have obtained this recipe from any source other than KetoDietApp.com please contact us.