

Spiced Apple Cider Doughnuts ~ Gluten-Free & Vegan

Prep time: 10 mins Cook time: 15 mins Total time: 25 mins

Serves: 6-8 doughnuts

There's no better way to spend a lazy fall weekend morning, than baking (and eating!) a batch of Spiced Apple Cider Doughnuts!

Ingredients

- ½ cup brown rice flour*
- ½ cup potato starch*
- 2 tablespoons coconut flour
- 2½ teaspoons baking powder
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- ⅔ cup Spiced Apple Cider** (i.e. Trader Joes brand)
- ⅓ cup non-dairy milk (i.e. unsweetened soy milk, coconut milk, rice milk, etc.)
- 3 tablespoons (liquid) virgin coconut oil, plus extra for greasing doughnut pan
- 2 tablespoons pure maple syrup
- Optional, granulated cane sugar and ground cinnamon for sprinkling on top of doughnuts

Instructions

1. Preheat oven to 350 degrees fahrenheit. Grease a 6-count standard doughnut pan with coconut oil and set aside.
2. Combine dry ingredients in a medium size mixing bowl, and stir well with a fork until well combined.
3. Add liquid ingredients to flour mixture, and stir well with a fork or whisk, until all ingredients are well combined. (Batter will be somewhat thick.)
4. Spoon batter in to greased doughnut pan, and bake for 15-20 minutes or until baked through and light golden brown on top. Allow doughnuts to cool for 5 minutes, then carefully remove from pan. Sprinkle with sugar and cinnamon if desired.

Notes

Feel free to use your favorite gluten-free flour in place of the brown rice flour, or a gluten-free flour blend in place of the brown rice flour AND potato starch, or try using all-purpose or whole wheat flour for a non gluten-free version. *You may use plain apple cider in place of the spicy apple cider, and add additional ground spices to taste including cloves, allspice, and extra cinnamon.

Nutrition Information

Serving size: 1 doughnut

Recipe by E.A. Stewart | Spicy RD Nutrition at <http://www.eastewart.com/recipes-and-nutrition/homemade-spiced-apple-cider-doughnuts/>