

Baked Pumpkin Spice Doughnuts

INGREDIENTS:

- 5 large eggs
- ½ cup [coconut milk](#)
- ½ cup [pure maple syrup](#)
- ½ cup pumpkin puree (I used organic canned, if you use fresh make sure to get all of the excess liquid out of it)
- ¼ cup [coconut oil](#)
- 1 teaspoon [vanilla extract](#)
- ¾ cup [blanched almond flour](#)
- ½ cup [coconut flour](#)
- 1 teaspoon [baking soda](#)
- 1 teaspoon [ground cinnamon](#)
- ½ teaspoon ground nutmeg
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cardamom
- ¼ teaspoon sea salt

*you could also substitute 2 teaspoons pumpkin pie spice for the spices listed

*SCD – use honey in place of the maple for the entire recipe

Dark Chocolate Glaze

- ¼ cup dark chocolate, chopped and melted
- 1½ teaspoons [coconut oil](#), melted
- 1 teaspoon [raw honey](#)

Maple Vanilla with Bacon Sprinkles (SCD legal)

- 1 tablespoon [raw cacao butter](#), chopped
- 2 teaspoons [palm shortening](#)
- 2½ teaspoons **cold** [maple syrup](#)
- ½ teaspoon [vanilla extract](#)
- ¼ teaspoon [ground cinnamon](#)
- 1 piece of bacon, fried crisp and finely chopped

INSTRUCTIONS:

- 1 Preheat oven to 350 degrees F and oil the insides of your doughnut pan really well. I find palm shortening works best.
- 2 Place the eggs, coconut milk, pumpkin, maple, coconut oil and vanilla in a blender and blend until frothy, about 15 seconds.
- 3 Add the dry ingredients, then blend on low for 10 seconds and on high for about 20 seconds.
- 4 *Lower powered blenders make take a little longer and may also require a few stops and scraping down the sides.
- 5 Pour the batter into the pan, filling each cavity 2/3 of the way full and bake for 20 minutes. Let them cool for 10 minutes before removing the doughnuts from the pan and cool on a cooling rack.
- 6 Repeat with your leftover batter.



To Frost

- 1 Chocolate: Whisk all of the ingredients in a shallow bowl until smooth. Dip the top of each doughnut in the chocolate then gently rotate the doughnut to let the excess glaze drip off. Turn right-side up and place back on the cooling rack. Let set for 5 minutes, then refrigerate for 15 minutes until the glaze has hardened.
- 2 Maple Vanilla: Melt the cacao butter over a double broiler filled with 1-inch of water. Once it has completely melted, remove it from the heat and whisk in the palm shortening. Add the cold maple syrup and vanilla and whisk until smooth. Dip the doughnuts one at a time, rotating it gently to allow the excess glaze to drip off. Place right-side up on a cooling rack and sprinkle with bacon bits. Allow to sit at room temperature for 5 minutes, then place in the refrigerator for 15-20 minutes until the glaze has hardened.

These are best stored in the fridge for 3 days.

Enjoy!!