

## Gluten-Free Pumpkin Donuts (Grain-Free/Dairy-Free)

PREP TIME: 10 MIN | COOK TIME: 17 MIN | SERVES 6

### INGREDIENTS

- 50 grams dairy-free butter
- 10 grams coconut oil
- 50 grams pure pumpkin to yield 25-30 grams after drying
- 2 eggs
- 1 tsp vanilla
- 70 grams almond flour
- 55 grams tapioca flour
- 25 grams sugar
- 1/2 tsp xanthan gum
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp pumpkin pie spice
- 1/8 tsp salt

For the chocolate glaze:

- 2 tbsp melted dairy-free butter
- 80 grams powdered sugar
- 15 grams cocoa powder
- 1-2 tbsp almond milk

### INSTRUCTIONS

- 1) Preheat the oven to 350.
- 2) First, melt the butter and coconut oil together and whisk.
- 3) Next, you'll need to drain the pumpkin to reduce the moisture content. You can do this by placing your pumpkin in between paper towels and gently wringing until it has reduced to about 1/2 its weight. Start with 50 grams and it should reduce to about 25/30 grams.
- 4) Add the pumpkin, eggs and vanilla to the butter mixture and whisk.
- 5) Add in the dry ingredients and mix well.
- 6) Generously grease a donut pan and fill each donut mold with the batter, filling them nearly to the top.
- 7) Bake for 16-17 minutes.
- 8) While the donuts are baking, add the frosting ingredients to a small bowl and whisk until smooth and shiny.
- 9) While the donuts are still slightly warm, but have cooled significantly, dip into the frosting to coat well. Enjoy!