

Healthier Cinnamon Streusel Donuts

Ingredients:

For Donuts:

- 1/2 cups self-rising flour
- 1/2 cup maple syrup
- 1/4 cup coconut oil *melted*
- 1 cup milk of choice
- 2 TBS ground flaxseed
- 1 tsp ground cinnamon

For Topping:

- 1/2 cup all-purpose flour
- 1/3 cup coconut sugar (or brown sugar)
- 2 tsp cinnamon
- Pinch of salt if your butter is not salted
- 3 tbsp butter or ghee melted

Directions

1. Preheat the oven to 180C/350F. Grease a 12-count donut pan and set aside.
2. In a small bowl, add the flour, coconut sugar, salt, and cinnamon. Stir with a fork. Then add the melted butter. Stir until everything is combined. Split streusel evenly between each donut cavity.
3. In a large mixing bowl, sift your flour and ground flax seed into it. Add the rest of the ingredients and mix until a thick dough remains.
4. Spoon out dough amongst the donut pan. Lightly wet your hands and shape them into the donut cavities. Do not overfill.
5. Bake for 12-17 minutes, or until a skewer comes out just clean.
6. Remove the donuts from the oven and let them cool in the pan for 10 minutes, before transferring to a wire rack to cool completely.
7. Enjoy!!

MADE WITH LOVE

by Teresa Forchard