

Plain Donuts

Grain Free

3/4 cup almond flour, sifted
1/4 cup coconut flour, sifted
1/2 cup Xylitol
1 tsp baking powder
1/4 tsp salt
1/4 tsp ground nutmeg*
1/8 tsp cinnamon
1-1/2 tsp vanilla
1/3 cup sour cream
3 eggs
1 tablespoon butter, melted
*If you're not a nutmeg lover, cut back to 1/8 tsp.

Use 6 or 12 count donut pan.

Preheat oven to 425°F. Prepare donut pan with virgin coconut oil.

- In large bowl, stir together flour, Xylitol, baking powder, salt, cinnamon, and nutmeg.
- Add sour cream, eggs and butter; stir until just combined.
- Fill each doughnut cup approximately 1/2 full. Spread batter around center post to edges of cup.
- Bake approximately 12 minutes or until a toothpick comes out clean. Cool in pan 3-5 minutes; remove to cooling grid.

Donuts are best served fresh. Makes about 12 mini doughnuts or 6 larger.

