

Homemade Gluten-free Donuts with Coconut Icing

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 cup coconut flour
- 1/2 cup coconut sugar
- 1 tsp cream of tartar or baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 2 tsp cinnamon, ground
- 1/4 tsp nutmeg, ground
- 1 tsp cardamom, ground
- 6 eggs, lightly beaten
- 1/4 cup avocado oil or melted coconut oil
- 1 tsp vanilla extract, divided

ICING

- 1/4 cup coconut butter
- 2 tbsp coconut oil

TOPPING

- 1/4 cup shredded coconut, toasted

Instructions:

1. Preheat oven to 350F. Grease a donut pan really well with avocado or coconut oil.
2. Sift coconut flour into a large bowl before whisking in coconut sugar, cream of tartar (or baking powder), baking soda, salt, cinnamon, nutmeg and cardamom. Make a well in the centre of the dry ingredients and add eggs, oil and 2 tsp of vanilla extract.
3. Using a wooden spoon, stir batter together until well combined. Spoon into the prepared donut pan and bake until a wooden toothpick inserted in a donut comes out clean, about 15–18 minutes.
4. Let donuts cool in the pan for 10 minutes before turning out onto a wire cooling rack to cool completely at room temperature.
5. In a small pot on the stove, combine coconut butter and coconut oil. Melt on low until a creamy liquid. Coconut butter burns very easily so be sure it let it melt slowly.
6. To toast the coconut shreds, place on a baking sheet and bake at the same time as the donuts for 3-4 minutes. Watch carefully to make sure it doesn't burn.
7. Spoon the melted coconut glaze over top of each donut. Sprinkle toasted coconut shreds on top.

Notes:

Makes 9 donuts Recipe adapted from This Kitchen is for Dancing by Karlene Karst (Mind

Publishing, 2019).