

Baked va-va-voom doughnuts

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Baked va-va-voom doughnuts

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We're absolutely loving this baked doughnut recipe - talk about good-for-you treats! Check out the recipe below.

One of the secrets behind a tasty baked doughnut is not to over-bake it, as you want the consistency to almost melt in your mouth when you try a bite straight from the oven. They are great on their own, but there are a number of different toppings that add even more va-va-voom to them.

Ingredients (makes 12)

Dry ingredients

- 150 g (1 cup) rice flour (or spelt flour)
- 100 g (1 cup) almond flour
- 50 g (½ cup) desiccated unsweetened coconut
- 2 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp ground vanilla or 1 tsp vanilla extract
- Pinch of sea salt

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Wet ingredients

- 14 soft dates*, pitted
- 250 ml (1 cup) full-fat plain unsweetened yoghurt
- 3 free-range eggs
- 5 tbsp virgin coconut oil or butter, melted
- 3 tbsp pure maple syrup
- Coconut sugar topping
- 4 tbsp coconut or turbinado sugar
- 2 tbsp ground cinnamon or liquorice root powder or pink mineral glitter
- 5 tbsp virgin coconut oil or butter, melted

*If you can't find soft dates, soak dried dates in hot water for 20 minutes.

Method

Preheat the oven to 200°C and grease a 12-hole doughnut tin.

Place all of the dry ingredients in a large mixing bowl and stir until combined.

Make a well in the centre and set aside while you prepare the wet ingredients.

Mash the dates with a fork and place them in a food processor along with the rest of the wet ingredients. Blend until smooth, then pour into the well of the dry ingredients. Using a spatula, gently fold the wet ingredients into the dry ingredients until just combined, making sure not to over-mix or the doughnuts will be tough. Spoon the batter into the doughnut moulds until flush with the top of the tin.

Bake for 12 to 15 minutes or until golden and puffed. Remove from the oven and set aside to cool slightly in the tin then transfer to a wire rack to cool completely or devour them plain while still warm.

For the dark chocolate topping, melt the chocolate in a bain-marie or water bath then drizzle over the doughnuts.

For the coconut sugar topping, place the sugar and cinnamon or liquorice root powder in a plastic bag, dunk each doughnut in the oil, transfer to the bag and shake until well coated.

This is an edited extract from Green Kitchen at Home by David Frenkiel and Luise Vindahl. Published by Hardie Grant, \$39.99.

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