

Sugar Coated Pumpkin Donut Holes

Gluten Free | Dairy Free

Ingredients:

1/2 C of pumpkin purée
1 egg
3/5 C of gluten free all purpose
flour
1/2 C of coconut sugar
Pumpkin Pie Spice (lots)
1 tsp of baking powder

Sugar Coating
Coconut sugar
Cinnamon
Grass fed or dairy free butter

Steps for Cooking:

- 1 In a mixing bowl, mix together the pumpkin and egg first. Add in the flour, coconut sugar, pumpkin pie spice and baking powder. Mix together until your dough forms.
- 2 Roll into donut holes. Place in your air fryer at 380 for 4-6 minutes turning halfway through.
- 3 While these are cooking, melt your butter and mix together the coconut sugar and cinnamon. Dip the cooked donut holes in your melted butter and then in the sugar coating. Take a bite and enjoy!

Notes

Pumpkin is a flavor we eat all year round in our household! These donuts are the perfect weekend breakfast treat. Make them gluten free or use regular all purpose flour. You can also use grass fed butter or use a dairy free butter to make the recipe dairy free! Either way, it will be delicious!

