

LOVE THY CARROT

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LEMON BLUEBERRY DONUTS - PALEO

This recipe will makes 10 - 12 donuts

INGREDIENTS FOR THE DONUTS

2 cups almond flour
1/2 tsp baking soda
pinch of salt
zest of one lemon
3 eggs
1/4 cup unsweetened applesauce
1/4 cup honey
1 tsp vanilla extract
2-3 tbsp fresh squeezed lemon juice
1 cup blueberries, fresh or frozen

DIRECTIONS FOR THE DONUTS

1. Preheat oven to 325 degrees and grease donut tin. (I like to use coconut oil for greasing the pan).
2. In a medium bowl, combine the almond flour, baking soda, salt and lemon zest. In a separate bowl, combine the eggs, applesauce, honey, vanilla extract and lemon juice.
3. Add the dry ingredients to the wet ingredients and mix until well combined.
4. Add in blueberries and fold in.
5. Spoon into the donut pan.
6. Place in the oven and bake for 14 to 16 minutes until lightly golden.
7. Let cool before glazing the donuts.

INGREDIENTS FOR THE GLAZE

2 tbsp coconut oil melted
1 tbsp fresh lemon juice
2 tbsp maple syrup
1-2 tbsp coconut cream (see cooks note)

DIRECTIONS FOR THE GLAZE

1. In a medium bowl, whisk together the melted coconut oil with maple syrup until smooth, then add the lemon juice, and coconut milk and continue mixing until very smooth.
2. Dip one side of each donut in glaze and place on parchment paper.
3. Serve right away or store in the refrigerator for later.

COOKS NOTES

You can find coconut cream in the grocery section beside tins of coconut milk. You can also use the thick cream that is on the top of a tin of coconut milk, discard the water.