



Coconut Pumpkin Cake Donuts

Ingredients

- 135 g wheat berries, Spelt
- 50 g syrup, coconut
- 100 g pumpkin, puree
- 200 g milk, whole
- 100 g egg, whole (2 eggs)
- 50 g chocolate chips, white
- 100 g coconut, butter/manna

Directions

1. Mill the flour.
2. Preheat the oven to 350 F.
3. Add the dry ingredients to the flour and combine well with a whisk.
4. Add the remaining ingredients and mix well, but do not overmix. Just until combined.
5. Brush each well of the donut pans with oil.
6. Use a pastry bag to pipe the batter into the donut hole impressions.
7. Bake 15 minutes, removing from the oven when the center of the donut is 200 F.
8. Remove from the pan and let cool.
9. Place each donut into coconut sugar and cinnamon mixture for a light dusting, or cover each donut with a glaze.
Make a glaze by mixing 1/4 cup of powdered sugar with 1-2 tsp of water.

Notes