



# Naturally Sweet Apple Cider Cake Donuts

naturally sweet with added protein for more steady levels than traditional

## Ingredients

- 50 g wheat berries, soft
- 50 g wheat berries, Spelt
- 50 g groats, barley
- 50 g berries, rye
- 17 g hemp, seeds
- 10 g maca root, powder
- 10 g flax seeds, ground
- 250 g apple cider
- 56 g butter
- 100 g egg, whole (2 eggs)
- 47 g sugar, coconut
- 75 g milk, whole
- 25 g extra virgin olive oil
- 47 g sugar, coconut

### COATING DONUTS:

## Directions

1. Preheat your oven to 350 F.
2. Mill the grains and hemp seeds into flour as fine as you can, making sure to mix the hemp seeds into the grains so they don't clog the mill. Alternatively, mill the hemp seeds in a spice grinder or blender.
3. Cream the butter and the sugar, then add in eggs and extracts until well combined.
4. Mix together all the dry ingredients.
5. Alternate adding the dry ingredients and wet ingredients (apple cider and milk) to the mixing bowl as you mix just enough to incorporate. Do not overmix.
6. Use a pastry bag to fill the greased donut pans with batter.
7. Bake for 8-10 minutes, until the center of a donut comes out between 200 - 210 F. If using a toothpick, it should come out clean and dry.
8. Gently remove from the pan and quickly dust with cinnamon/coconut sugar mixture before setting on rack to cool.

## Notes