



APPLE CIDER DOUGHNUTS

ingredients:

Vegetable oil cooking spray
3 Tablespoons granulated sugar
2 1/2 teaspoons cinnamon, divided
1 cup all-purpose flour
1 cup whole wheat pastry flour
1 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1/4 teaspoon salt

1 egg, lightly beaten
2/3 cup brown sugar, packed
1/2 cup apple butter
1/3 cup pure maple syrup
1/3 cup apple cider
1/3 cup plain low-fat yogurt
3 Tablespoons canola oil
1 teaspoon vanilla extract

directions:

1. Preheat oven to 400°F.
2. Coat molds of 2 mini-Bundt pans or doughnut pans (6 cavities each) with vegetable oil cooking spray.
3. In a small dish, combine granulated sugar and 1/2 teaspoon ground cinnamon. Sprinkle each Bundt or doughnut mold with the cinnamon sugar mixture, shaking out excess.
4. In a mixing bowl, combine all-purpose flour, whole wheat pastry flour, baking powder, baking soda, salt and 2 teaspoons cinnamon; set aside.
5. In a large bowl, whisk together egg, brown sugar, apple butter, maple syrup, apple cider, yogurt, canola oil and vanilla. Add dry ingredients and stir until just moistened.
6. Spoon about 2 heaping tablespoons of batter into each prepared mold. Sprinkle batter with remaining cinnamon sugar mixture.
7. Bake 10 to 12 minutes or until a wooden pick inserted in doughnut comes out clean. Loosen and place doughnuts onto cooling rack.

Yield: 12 doughnuts

Nutrition Information Per Serving:

220 Calories
4.5 grams Fat
0.5 grams Saturated Fat
20 mg Cholesterol
279 mg Sodium
42 grams Carbohydrates
25 grams Sugar
2 grams Fiber
3 grams Protein

Food exchanges:
3 starch, 1 fat



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