

Vegan Apple Cider "Donuts"



These absolutely cure that craving for apple cider donuts that naturally occur this time of year. And these aren't the unhealthy version that you'll find packaged in grocery stores. These are guilt free and delicious! I prefer to make these as muffins, adding fresh apples to the center of each muffin.
Enjoy!

Yields: 6 donuts or 8 muffins | **Prep Time:** 15 Minutes | **Cook time:** 15-30 Minutes

Dry Ingredients:

- 1 Cup Spelt Flour or Oat flour
- 1 Tsp Baking Soda
- 1 Tsp Baking Powder
- 1 Tsp Cinnamon
- ¼ Tsp Nutmeg
- ¼ Tsp Allspice

Wet Ingredients:

- ½ Cup Unsweetened Applesauce
- ½ Cup Maple Syrup
- ¼ Cup Apple Cider
- 2 Tbs Apple Cider Vinegar
- 2 Tbs Coconut Oil, melted
- 1 diced apple (if making muffins)

Cinnamon Sugar (optional):

- ½ Cup Raw Cane or Turbinado Sugar (less for muffins- I used ¼ cup and had plenty of the mix left over)
- ½ Tsp Cinnamon (less for muffins- I used ¼ tsp)

Directions:

Preheat oven to 375 degrees F.

1. In a bowl, whisk together dry ingredients until evenly combined.
2. In another bowl, combine all wet ingredients except coconut oil. Mix.
3. Once wet ingredients are fully mixed, stir into bowl of dry ingredients and combine. Note - the donut batter may fizz up a little, that's just the baking soda reacting with the apple cider vinegar!
4. After stirring for a bit, add in the melted coconut oil and stir in completely.
5. Spray or coat your donut pan or muffin with coconut oil or another nonstick spray.
6. For donuts, pour batter evenly between 6 molds. For Muffins, pour half of batter evenly between 8 muffin cups, filling halfway. Add the diced apple on top of batter. Finish off with the remaining batter, and top with a few apple pieces on top for garnish.
7. Bake donuts in the oven for 15 minutes, or bake muffins for 30-35 minutes (until a tooth pick comes out clean). Once done, let cool for a few minutes.
8. While donuts or muffins are cooling, combine turbinado sugar and cinnamon in a high-speed blender, spice grinder, or coffee grinder. Blend until sugar is a fairly powdered consistency.
9. Once donuts are cooled, toss in cinnamon sugar, or sprinkle on top of muffins.