

Maple and Vanilla Glazed Pumpkin Doughnuts

(Gluten-Free, Dairy-Free, Soy Free, Rice Free – can be made potato free as well).

Yields: 12 doughnuts

Prep Time: 25 minutes

Cook Time: 25 minutes

For the pumpkin doughnuts:

- 1½-cup Gluten-Free All-Purpose Flour Blend (see recipe below)
- 2 teaspoons aluminum free baking powder
- ¾ teaspoon salt
- 2 teaspoons pumpkin pie spice
- 1-cup pure cane sugar
- 2 large eggs, at room temperature
- 1-cup pure pumpkin puree
- ½ cup oil (coconut or safflower) – plus 2 teaspoons for greasing the pans
- 1-tablespoon pure vanilla extract

For the Maple Vanilla Glaze:

- 1 cup confectioners' sugar, sifted
- 3 tablespoons pure maple syrup
- 1 teaspoon pure vanilla extract
- 1-teaspoon water

Preheat the oven to 350°.

To make the doughnuts, grease two 6-doughnut baking pans with coconut oil or cooking spray. In a large bowl, whisk together the flour, baking powder, salt, pumpkin pie spice, and sugar. (Note: this blend may be prepared the evening before and stored in the refrigerator until morning).

In a separate bowl, whisk together the eggs, pumpkin, oil and vanilla until smooth.

Add egg mix to the flour mixture; stir until just combined.

Fill the prepared pans with about ¼ cup batter in each mold. Bake until a toothpick inserted in the center comes out clean, approximately 12 to 14 minutes. Let doughnuts cool completely.

While doughnuts are cooking, make the glaze: In a medium bowl, whisk together the confectioners' sugar, maple syrup, vanilla, and water until smooth.

Once cooled, dip the doughnuts into the glaze, then set on a rack placed over a baking sheet; let set until firm, approximately 15 minutes.

Adapted from *Cooking for Isaiah*



All-Purpose Gluten Free Flour Blend

Yield: Approximately 2 pounds

- 3 cups Amaranth Flour
- 3 cups Quinoa Flour
- 1.5 cups Tapioca Flour
- $\frac{3}{4}$ cup potato or cornstarch
- 1 $\frac{1}{2}$ teaspoons salt
- 1-tablespoon xanthum gum

Whisk all ingredients together in a large bowl and store in an airtight storage container in the refrigerator.

Multi-Purpose