



Basic Donuts - S

These are not your cut-out type of donuts; the recipe makes a loose batter that you pour into a donut form and bake in the oven or use an electric donut maker. They cook up quickly and are delicious! Here is the basic recipe and then three suggested ways to move them to a new level are found in the Recipe Notes area.

Serving Size: Family-serve

INGREDIENTS:

- Coconut oil spray
- 3 large eggs
- 1/3 cup sour cream (for dairy-free use canned, full-fat coconut milk)
- 2 teaspoons vanilla extract
- 1/4 cup water (or unsweetened almond or cashew milk)
- 6 Tablespoons melted butter (or melted coconut oil)
- 1 cup *THM Baking Blend*
- 1 teaspoon aluminum-free baking powder
- 1/8 teaspoon Mineral Salt
- 1/2 cup *THM Gentle Sweet* (or 1/4 cup *THM Super Sweet Blend*)

INSTRUCTIONS:

1. Preheat the oven to 350° F, if you are baking the donuts. Lightly coat a donut form with coconut oil cooking spray. If using an electric donut maker, consult the manufacturer's instructions for preheating and grease well.
2. In a large bowl, whisk together the eggs, sour cream, vanilla, water, and 1/4 cup melted butter. Add the *Baking Blend*, baking powder, salt, and *Gentle Sweet* and stir to combine.

(Recipe Continued...)

(*Basic Donuts*, Continued...)

3. Pour the batter into the prepared donut form and bake for 15 to 20 minutes, until golden on top. Or, follow the manufacturer's instructions for cooking the donuts in an electric donut maker; usually the donuts cook for 5 to 7 minutes, until brown.
4. Remove the donuts from the form or maker, and brush with the remaining 2 to 3 Tablespoons melted butter.

RECIPE NOTES:

- Move this recipe to a new level by adding one of the following:
 1. Top with the *Slim Belly Jelly* recipe (or up to 1 teaspoon store-bought, all-fruit jelly for each donut) for *Jelly Donuts*.
 2. Drizzle with the *Handy Chocolate Syrup* recipe for *Chocolate Drizzled Donuts*.
 3. Coat with cinnamon and "sugar" (*THM Gentle Sweet*) for *Powdered Cinnamon Sugar Donuts*.
- This recipe can be made dairy-free by using full-fat coconut milk instead of sour cream and ghee or coconut oil instead of butter.

The *Basic Donuts* recipe and other delicious THM recipes can be found at

www.TrimHealthyMembership.com