

# Healthy Flourless Cinnamon Bun Breakfast Donuts

## For the original option

1. 2 cups gluten free oat flour (gluten free oats ground into a flour)
2. 1/2 cup granulated sweetener of choice (I used a stevia blend, monk fruit sweetener)
3. 1 T baking powder
4. 1 T Saigon cinnamon
5. pinch sea salt
6. 1 cup milk of choice (I used unsweetened coconut milk)
7. 1 flax egg (can sub for 1 large egg if not vegan)
8. 1 tsp vanilla extract
9. 6 T drippy almond butter (can sub for any nut butter)

## For the paleo option

1. 3/4 cup coconut flour, sifted
2. 1 cup almond flour, sifted
3. 1/2 tsp baking soda
4. 1 T cinnamon
5. 4 large eggs, lightly whisked
6. 1/2 cup milk of choice (I used unsweetened coconut milk)
7. 3 T drippy almond butter
8. 1/2 cup honey (can sub for pure maple syrup)

## For the protein frosting

1. 3 scoops vanilla protein powder (see recommendations above)
2. 1-2 T granulated sweetener of choice (optional)
3. 1-2 T nut butter of choice (optional)
4. Milk, to thin out batter

## For the cinnamon coconut butter frosting

1. 4-6 T coconut butter, melted
2. 2 T granulated sweetener of choice
3. Dairy free milk, to thin out

### **For the original option**

1. Preheat the oven to 350. Grease a 12 count doughnut pan or muffin pan with oil/butter/cooking spray and set aside.
2. In a large mixing bowl, add the dry ingredients and mix well.
3. In a small bowl, whisk the milk, vanilla extract and egg/flax egg. Pour into the dry mixture. Add the melted nut butter and mix very well until a batter is formed.
4. Transfer the batter to the greased doughnut pan. Bake for 20-30 minutes, or until golden brown on top and a toothpick comes on clean. Remove from oven and let sit in the pan for 5 minutes before transferring to a wire rack to cool completely. Once cooled, frost.

### **For the paleo option**

1. Preheat the oven to 350. Grease a 12 count doughnut pan or muffin pan with oil/butter/cooking spray and set aside.
2. In a large mixing bowl, add the dry ingredients and mix well.
3. In a small bowl, whisk the milk and eggs together. In a separate bowl, melt your nut butter with honey and combine both into the dry mixture. Mix until a very thick batter is formed.
4. Transfer to greased doughnut pan and bake for 25-30 minutes, or until cooked through. Remove from oven and let sit for 5 minutes before transferring to a cooling rack. Once cooled, frost.

### **To make the frosting**

1. Combine all the ingredients and using a tablespoon, add milk until a relatively batter is formed. Drizzle over the doughnuts, one at a time. For the cream cheese one, allow to sit at room temperature until it softens. Mix with granulated sweetener and cinnamon. Spread over each doughnut.

### **Notes**

1. Doughnuts are best kept refrigerated and are also freezer friendly. If you choose to freeze, omit frosting and only frost before consumption.

Recipe Credit to: Arman [@thebigmansworld](#)

