BeyondFit’s Baked Donuts:

Yes, now you can have your cake (aka the donut) and eat it too!

Ingredients:

- 1/2 cup almond flour
- 1/2 cup coconut flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/4 cup stevia in the raw (or sweetener of choice)
- 3 eggs
- 2 Tbsp. coconut oil
- 1/2 cup almond milk
- 1 tsp. lemon juice

(optional) flavor ideas below! :)

Directions:

1. Preheat oven to 350 degrees.
2. Grease doughnut pan with coconut oil.
3. Combine dry ingredients in a large bowl.
4. In a separate medium bowl, mix together wet ingredients. Pour wet ingredients into dry and combine thoroughly.
5. Spoon batter into greased doughnut pan until wells are 2/3 full.
6. Bake at 350 degrees for 13-15 minutes or until nicely browned.
7. Cool 1-2 minutes before carefully removing the donuts from the pan.

Kate’s Favorite Flavor Ideas:

- **Pumpkin Spice** (cinnamon, stevia + pumpkin pie spice)
- **Apple Pie** (apple pie spice + thinly sliced apple chunks)
- **Blueberry Lemon** (fresh blueberries + 2 tsp lemon juice)
- **Maple Glazed** (melt coconut oil + sugar free maple syrup as frosting)
- **Coconut** (dipped in melted coconut oil + unsweetened coconut)
- **Chocolate** (add unsweetened cocoa powder to your donut batter)
- **Jelly Filled** (add some sugar-free jelly in the middle!)