

LEMON COCONUT DOUGHNUTS

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 11 (Serving= 2 mini doughnuts)

Nutrition (per serving)

Calories: 131

Total Fat: 8 g

Saturated Fat: 2 g

Sodium: 191 mg

Total Carbohydrate: 19 g

Dietary Fiber: 2 g

Total Sugars: 10 g

Protein: 2 g

Ingredients

- Cooking spray
- 1 Tablespoon ground flaxseeds
- 3 Tablespoons water
- 1 cup whole wheat pastry flour
- 1 ½ teaspoons baking powder
- ¼ teaspoon salt

Topping

- 1 Tablespoon lemon juice
- ¼ cup powdered sugar

- 2 teaspoons lemon zest
- ¼ cup margarine baking sticks, room temp
- 1/3 cup sugar
- ½ cup skim milk
- 1 teaspoon lemon extract
- ½ cup shredded coconut

- Shredded coconut, optional



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Directions

Doughnuts

1. Preheat oven to 350 degrees Fahrenheit.
2. Spray a donut pan or mini muffin tin with non-stick cooking spray and set aside.
3. In a small bowl, whisk together flaxseeds and water and allow to sit for at least 10 minutes. Meanwhile, stir together flour, baking powder, salt, and lemon zest in a small bowl.
4. In a separate bowl, cream together margarine and sugar. Add in flax mixture, milk, and lemon extract.
5. Stir dry ingredients into wet ingredients until just combined. Fold in shredded coconut.
6. Spoon batter into prepared pans, filling half way full. Bake for 7-9 minutes or until toothpick inserted into middle comes out clean. Cool before removing from pans.

Topping

1. While baking, whisk lemon juice and powdered sugar in a small bowl.
2. Drizzle glaze over donuts and top with shredded coconut.