

Legal Donuts

Nutrition Highlights: Omega 3 Fatty Acids, Vegetarian, Whole Grains, Healthy Fats, Antioxidant Boost

Makes: 12 donuts or 6 large muffins

It'll take a top-ranking detective to identify the healthy ingredients in this seemingly sinful breakfast favorite.



- 1 cup plus 3 tablespoons Flour Blend ([see Make-Ahead Recipe #13](#))
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon instant coffee granules
- 1/2 teaspoon cinnamon
- 3 tablespoons unsweetened cocoa powder
- 1 large egg
- 1/2 cup sugar
- 3 tablespoons walnut, almond, or canola oil
- 3/4 cup Purple Puree ([see Make-Ahead Recipe #1](#))
- 1 teaspoon pure vanilla extract
- Powdered sugar, for dusting

> Preheat the oven to 350 degrees. If you are making donuts, spray a donut pan or a mini Bundt pan with oil (they come in 6- or 12-mold sizes use two 6-mold pans if you don't have the 12-mold size). If you are making muffins, line a muffin tin with paper liners.

> In a large bowl, whisk together the Flour Blend, baking powder, salt, coffee granules, cinnamon, and cocoa powder. In another large bowl, whisk together the egg and sugar until well combined, then whisk in the oil, Purple Puree, and vanilla. Fold the wet ingredients into the dry and mix until the flour is just moistened. Don't overmix. Divide the batter evenly among the 12 mini Bundt or donut molds or fill 6 muffin cups to the top.

> For donuts: Bake 12 to 14 minutes, until the tops spring back when pressed lightly. Loosen the edges with a knife and turn the donuts out over a plate to cool. Dust with powdered sugar before serving.

> For muffins: Bake 23 to 25 minutes, until a toothpick inserted in the center comes out clean. Turn the muffins out of the tins to cool. Dust tops with powdered sugar before serving.

Never work before breakfast; if you have to work before breakfast, eat your breakfast first.