

331 kcal	4.3 net carbs
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CHOCOLATE GLAZED DONUTS



Measurements	Ingredients	Net Carbs
3 Tbsp.	Bob's Red Mill® soy flour	3.8
1 Tbsp.	Egg, Raw	
1 tsp.	Sour cream	
1 Tbsp.	Butter, in the batter, softened	
1 Tbsp.	Butter, on top	
½ tsp.	Jell-O Sugar Free® pudding powder, vanilla	0.5
	Water as needed until soft ½ tsp. Walden Farms chocolate syrup	

Recipe developed by Chef Paige Vondran

- Preheat oven to 350° F.
- In a small bowl combine the softened butter, sour cream and raw egg.
- Add the soy flour and vanilla pudding powder.
- Stir until combined using a small rubber spatula.
- The batter should be a smooth, soft dough. Add water as necessary (1 tsp. at a time) to create the appropriate texture.
- Grease a donut shaped pan or silicone mold with nonstick cooking spray.
- Scoop mixture into the mold dividing evenly.
- Bake for 15-20 minutes until risen and firm.
- Allow donuts to slightly cool before removing from the pan.
- The 'butter, on top' can be combined with any artificial sweeteners (e.g. Walden Farms chocolate syrup) to create frosting or glaze.