**Vegan Gluten Free Baked Donuts (Keto, Paleo Option)**

Easy baked vegan and gluten free donuts made without eggs, without yeast and without refined sugar, but you'd never tell- They are super fluffy, delicious and topped with a healthy chocolate frosting! These healthy donuts also come with a tested keto and paleo option!

**Ingredients**

**Original Vegan and Gluten Free Version**

* 2 1/2 cups [self-rising flour](https://www.amazon.com/gp/product/B00LZJT2WW/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&creative=9325&linkCode=as2&creativeASIN=B00LZJT2WW&linkId=75be91909c55f328a7ca2c491842b302) \* See notes
* 1/2 cup [agave nectar](https://www.amazon.com/gp/product/B078XN18S7/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&creative=9325&linkCode=as2&creativeASIN=B078XN18S7&linkId=7b38734d1aa2b98bbe66997161f136e7) Can substitute for pure maple syrup
* 1/4 cup [coconut oil](https://www.amazon.com/gp/product/B00HNTPF7E/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&creative=9325&linkCode=as2&creativeASIN=B00HNTPF7E&linkId=ec5c7b24f9966655ee8aaaf3de6c0401) melted
* 1 cup [milk of choice](https://www.amazon.com/gp/product/B00474AL2M/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B00474AL2M&linkId=82f2f276b7156c5f3702f65d27d1d2aa) I used coconut milk

**Keto and Paleo Option**

* 2 1/4 cups [blanched almond flour](https://www.amazon.com/gp/product/B00DL9LNNU/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&creative=9325&linkCode=as2&creativeASIN=B00DL9LNNU&linkId=46e38839126fd164e16c8500f1cb3077)
* 1/2 cup [granulated sweetener of choice](https://www.amazon.com/gp/product/B00CF2B04Q/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B00CF2B04Q&linkId=ba7b6be7b31e307b32039a6b5fe292fe)
* 4 large eggs
* 1 tsp [baking soda](https://www.amazon.com/gp/product/B00HNSJSX2/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&creative=9325&linkCode=as2&creativeASIN=B00HNSJSX2&linkId=a40e522ee97c57ca40c398826d43c19d)
* 1 tsp [apple cider vinegar](https://www.amazon.com/gp/product/B001ID6MIC/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B001ID6MIC&linkId=e228a7cc5fb349819a0ae8372a1d3d4e)
* 1/4 cup [coconut milk](https://www.amazon.com/gp/product/B00M8VSKW4/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B00M8VSKW4&linkId=cf61b07641198cc6e90edd7b0a54d181)

**Chocolate Frosting**

* 1.5 cups [chocolate chips of choice](https://www.amazon.com/gp/product/B00BNQFZCI/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&creative=9325&linkCode=as2&creativeASIN=B00BNQFZCI&linkId=cf2245aa97f9d195094282ecb1d1dd1d)
* 1 1/3 cups [coconut cream](https://www.amazon.com/gp/product/B00R61K7FO/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&tag=thbimaswo02-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B00R61K7FO&linkId=22fb0f25446af5b7c52ec0d583d688d5) 1 cup + 6 tablespoons

**Instructions**

* Preheat the oven to 175C/350F. Coat a 12-count donut pan with cooking spray and set aside.
* In a large mixing bowl, sift your flour into it. Add the rest of the ingredients and mix until a thick dough remains.
* Spoon out dough amongst the donut pan. Lightly wet your hands and shape into the donut cavities. Do not overfill.
* Bake for 12-17 minutes, or until just done, and a skewer comes out just clean. Allow to cool in the pan for 5 minutes, before transferring to a wire rack to cool completely. Once cool, dip the donuts in the melted chocolate.

**For the keto and paleo option**

* Preheat the oven to 175C/350F. Coat a 12-count donut pan with cooking spray and set aside.
* In a large mixing bowl, add your blanched almond flour and sweetener of choice and mix well. Set aside.
* In a seperate mixing bowl, add the rest of your ingredients and mix until combined. Add to your dry ingredients and mix until combined.
* Divide the mixture amongst the donut pan, and fill each cavity until 2/3 full. Bake for 12-15 minutes, or until a skewer comes out clean.
* Allow cooling in the donut pan for 5 minutes, before transferring to a wire rack to cool completely. Once set, dip in the melted chocolate.

**For the chocolate frosting**

* In a large mixing bowl, add your chocolate chips of choice.
* In a microwave-safe bowl or small saucepan, heat your coconut cream until warm.
* Pour your coconut milk over the chocolate chips. Mix slowly, so the chocolate melts nicely into it.

**Notes**

\* If you don't follow a gluten-free diet, any self-rising/raising flour will work.

Vegan Gluten Free Baked Donuts (Keto, Paleo Option) should be kept refrigerated and can be stored there for up to 1 week.

Baked donuts are freezer friendly and will keep frozen for up to 2 months.

Baked Donuts loosely adapted from Coles Magazine, April Issue 48, 2017.