



Apple Cider Donuts

INGREDIENTS (Yield: 12 servings)

- Cooking spray
- 3 tablespoons granulated sugar
- 2 ½ teaspoons cinnamon, divided
- 1 cup all-purpose flour
- 1 cup whole-wheat pastry flour
- 1 ½ teaspoons baking powder
- 1 ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 egg, lightly beaten
- 2/3 cups brown sugar, packed
- ½ cup apple butter
- 1/3 cup pure maple syrup
- 1/3 cup apple cider
- 1/3 cup plain low-fat yogurt
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract

NUTRITION INFORMATION: 220 Calories; 4.5 grams Fat; 0.5 grams Saturated Fat; 20 mg Cholesterol; 279 mg Sodium; 42 grams Carbohydrates; 25 grams Sugar; 2 grams Fiber; 3 grams Protein

DIRECTIONS

1. Preheat oven to 400 Fahrenheit. Coat mold of mini-bundt pans or doughnut pans (6 cavities each) with vegetable oil cooking spray.
2. In a small dish, combine granulated sugar and ½ teaspoon ground cinnamon. Sprinkle each bundt or doughnut mold with the cinnamon sugar mixture, shaking out excess.
3. In a mixing bowl, combine all-purpose flour, whole-wheat pastry flour, baking powder, baking soda, salt and 2 teaspoons cinnamon; set aside.
4. In a large bowl, whisk together egg, brown sugar, apple butter, maybe syrup, apple cider, yogurt, canola oil and vanilla. Add dry ingredients and stir until just moistened. Spoon about 2 heaping tablespoons of batter into each prepared mold. Sprinkle batter with remaining cinnamon sugar mixture.
5. Bake 10 to 12 minutes or until a wooden pick inserted in doughnut comes out clean. Loosen and place doughnuts onto cooling rack.