



SWEET POTATO DONUTS

Ingredients:

- 160G SWEET POTATO
- 50G COCONUT OIL
- 80G MAPLE SYRUP
- 20G COCONUT FLOUR
- 25G CACAO POWDER
- 1 EGG
- 1/2 TBSP VANILLA EXTRACT
- 1/2 TSP SALT
- 1 TSP BAKING POWDER
- 80G DARK CHOCOLATE, ROUGHLY CHOPPED.

Method

1. PREHEAT OVEN TO 180°C/350°F THEN, MEDIUM DICE YOUR SWEET POTATO.
2. ADD THE DICED SWEET POTATO, 40G COCONUT OIL, MAPLE SYRUP, CACAO POWDER, EGG, VANILLA, SALT AND BAKING POWER TO A BLENDER AND BLEND UNTIL COMBINED AND SMOOTH.
3. TRANSFER BATTER TO A DONUT PAN, IF YOU DON'T HAVE A DONUT PAN YOU CAN USE A SHALLOW CUP-CAKE PAN. BAKE FOR 20 MINUTES OR UNTIL AN INSERTED STICK COMES OUT CLEAN. ONCE DONE, LEAVE TO COOL FOR 5-10MINS.
4. MAKE THE GLAZE BY MELTING CHOPPED DARK CHOCOLATE AND THE REST OF THE COCONUT OIL IN A BOWL IN A DOUBLE BOILER OR IN THE MICROWAVE, STIRRING FREQUENTLY UNTIL COMBINED AND GLOSSY.
5. DIP A DONUT IN THE CHOCOLATE GLAZE AND LET EXCESS DRIP OFF, THEN TRANSFER TO PARCHMENT PAPER. REPEAT FOR ALL DONUTS.
6. DECORATE DONUTS WITH SPRINKLES OR CACAO NIBS.

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Nutritional Information

SWEET POTATO - SWEET POTATOES ARE NUTRIENT-DENSE ROOT VEGETABLES THAT COME IN A VARIETY OF COLORS. THEY'RE HIGH IN FIBRE AND ANTIOXIDANTS, WHICH PROTECT YOUR BODY FROM FREE RADICAL DAMAGE AND PROMOTE A HEALTHY GUT AND BRAIN.

COCONUT OIL - CONTAINS HEALTHY FATTY ACIDS THAT CAN BOOST HEART HEALTH, ENCOURAGE FAT BURNING, HAVE ANTIMICROBIAL EFFECTS, HELP RAISE HDL (GOOD) CHOLESTEROL AND CAN PLAY A STRONG ROLE IN PROTECTING YOUR SKIN, HAIR, AND TEETH.

MAPLE SYRUP - MAPLE SYRUP IS AS FANTASTIC ALTERNATIVE TO REFINED SUGAR, IT CONTAINS NUMEROUS ANTIOXIDANTS, WHICH HELP FIGHT INFLAMMATORY DISEASES, PROTECT AGAINST CANCER AND HELP MAINTAIN HEALTHY HAIR AND SKIN.

COCONUT FLOUR - COCONUT FLOUR IS A GLUTEN-FREE FLOUR MADE SOLELY FROM COCONUTS. RICH IN FIBER AND MCTs, IT MAY PROMOTE STABLE BLOOD SUGAR, GOOD DIGESTION, AND HEART HEALTH. IT MAY ALSO BOOST WEIGHT LOSS AND FIGHT SOME INFECTIONS. PLUS, IT'S DELICIOUS AND VERSATILE, MAKING IT A SMART CHOICE WHEN CHOOSING FLOUR ALTERNATIVES.

CACAO POWDER - CACAO POWDER IS PACKED WITH FLAVONOIDS. THESE NUTRIENTS THAT HAVE BEEN SHOWN TO HELP LOWER BLOOD PRESSURE, IMPROVE BLOOD FLOW TO THE BRAIN AND HEART, AND AID IN PREVENTING BLOOD CLOTS. THE FLAVONOIDS IN CACAO POWDER MAY HELP INCREASE INSULIN SENSITIVITY, REDUCING YOUR RISK OF DIABETES.

EGG - EGGS ARE A VERY GOOD SOURCE OF INEXPENSIVE, HIGH-QUALITY PROTEIN. MORE THAN HALF THE PROTEIN OF AN EGG IS FOUND IN THE EGGWHITE, WHICH ALSO INCLUDES VITAMIN B2 AND LOWER AMOUNTS OF FAT THAN THE YOLK. EGGS ARE RICH SOURCES OF SELENIUM, VITAMIN D, B6, B12 AND MINERALS SUCH AS ZINC, IRON AND COPPER.

VANILLA - USING VANILLA AS A SUGAR SUBSTITUTE CAN HELP REDUCE HIGH BLOOD GLUCOSE LEVELS AND HELP YOU LEAD A MORE HEART-HEALTHY LIFESTYLE. VANILLA EXTRACT CAN ALSO NUMB SOME TOOTHACHE PAIN, WHILE ITS ANTIOXIDANTS MAY PROVIDE HEALING EFFECTS.

DARK CHOCOLATE - DARK CHOCOLATE IS A RICH SOURCE OF ANTIOXIDANTS AND MINERALS, AND IT GENERALLY CONTAINS LESS SUGAR THAN MILK CHOCOLATE. SOME RESEARCH SUGGESTS THAT DARK CHOCOLATE MAY HELP LOWER THE RISK OF HEART DISEASE, REDUCE INFLAMMATION AND INSULIN RESISTANCE, AND IMPROVE BRAIN FUNCTION.