



Keto Yeast-Raised Pumpkin Spice Donuts

Active Time: 10 minutes | **Total Time:** 35 minutes | **Serves:** 6

Nutrition Information Per Serving

261.8 calories, 17.18 g carbohydrate, 3.15 g fiber, 4.03 g NET carbs, 8.23 g protein, 22.8 g fat

Ingredients

- 1 1/2 cup(s) Miracle Mix
- 5 Tbsp(s) Wholesome Sweeteners Organic Zero
- 1/2 cup(s) Kalona Organic Sour Cream (Whole)
- 2 tsp(s) Simply Organic Pumpkin Pie Spice
- 4 large(s) pastured eggs
- 2 Tbsp(s) pumpkin puree
- 1 ounce organic ghee
- 2 tsp(s) vanilla extract
- 1 tsp active dry yeast

Preparation

1. Preheat oven to 350 F. Grease a donut pan.
2. In a medium bowl, add the eggs, sour cream, pumpkin, half the pumpkin pie spice, vanilla, yeast and 4 Tbsp. Keto Sweet.
3. Using a hand mixer, blend on medium speed to combine.
4. Add the Miracle Mix and blend again for 1 minute to create a smooth batter.
5. Divide batter among wells of donut mold. Transfer to the oven and bake 20-22 minutes or until a toothpick comes out clean.
6. Meanwhile, make the Pumpkin Spice Coating. Add the remaining Keto Sweet and pumpkin pie spice to a shallow dish.
7. Melt the ghee in a wide shallow dish.
8. Dip baked donuts into ghee and then into Pumpkin Sice Coating.

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