

Pumpkin Donuts



Prep time: 5 mins

Cooking time: 15 mins

Serves: 4 Donuts

Ingredients

- One Cup of Flour
- One Cup of Pumpkin Puree (I buy the Organic Puree from Sprouts)
- One Egg
- One Teaspoon Baking Soda
- One Teaspoon Cinnamon
- 1/2 Teaspoon Nutmeg
- 1/3 Cup Almond or Coconut Milk
- ***Optional** 1/3 Cup Sugar (Coconut Sugar)



Carly Davidson

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Instructions

- Start by preheating your oven to 400 degrees Fahrenheit.
- Combine the ground chicken, two eggs, applesauce, garlic powder and paprika in a large bowl.
- Form this mixture into small patties and let them sit in the fridge for about an hour.
- After an hour give the Nuggets a light coat in breadcrumbs then get them onto an oiled baking sheet.
- You could also top them with a little bit of Avocado or Olive Oil.
- These will cook for about 18-20 minutes flipping them halfway through and they are all done!



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