



Baked Donuts

Donuts:

- ½ cup nonfat, plain Greek yogurt
- 1 large egg
- ½ t vanilla
- ¼ cup unsweetened applesauce
- ¼ sugar

- 1 cup flour
- ½ t baking soda
- ¼ t baking powder
- ¼ t cinnamon
- ¼ t salt

Instructions:

- Combine yogurt, egg, vanilla, applesauce, and sugar.
- Add flour, baking soda, baking powder, cinnamon, and salt and mix well.
- Transfer mixture to piping bag or Ziploc bag and cut tip (or corner) to ½ inch hole.
- Pipe donut or heart shapes onto a baking sheet. (Makes approximately 8 large donuts or 36 donut “holes”.)
- Bake at 350 for 12-15 minutes
- Dip in glaze and add pink or red sprinkles.

Glaze:

- 1 ¼ cup powdered sugar
- ¼ c 2% milk

Instructions:

- Mix until spreadable.



For a Mardi Gras party, divide the glaze and add purple, yellow, and green food coloring!

Nutrition Facts

Serv. size 1/8 of recipe (51g)
 Servings 8
Calories 100
Fat Cal. 5

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1g	1%	Total Carb. 20g	8%
Sat. Fat 0g	1%	Fiber less than 1g	2%
Trans fats 0g		Sugars 8g	
Cholest. 25mg	8%	Protein 4g	
Sodium 180mg	8%		
Vitamin A 0%	Vitamin C 4%	Calcium 4%	Iron 4%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.