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Pumpkin Donuts (Grain-Free) with Dark Chocolate Glaze

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Most of us want to eat healthy…..right? (I assume if you've made your way here as a Member of Happily Whole, you do!)

But ***wanting*** something and ***DOING*** something are quite different things, aren't they? I WANT to organize my office differently. I've been wanting that for what seems like two years! I WANT to repaint and decorate that small room upstairs and make it into a simply inspirational writing and devotion space for me.

The ideas for organizing my office and creating an inspiring space have been sitting neatly in my mind for quite some time. My ideas are organized and the concepts clear. I know what I want to place where and even how I'd execute the jobs.

But, it's just not happening! I don't have the time or the energy at the end of a busy week to tackle yet another big task that seems, sadly, unnecessary. First, I have to fix that drippy faucet, go through the clothes bins to take out the next size for my growing girls and wipe out the cabinets I keep dropping crumbs in.

So, I think I've made my point. ***What we WANT is not always what we actually DO.*** And oftentimes, there are good reasons those wants seem to sit on the to-do list for ages! Time, finances, energy, priorities, etc.

It's only when we prioritize something highly enough that we actually begin DOING something about it. Let's go back to 'wanting to eat healthy.' ***You WANT it, right?***

If you're in the stage of WANTING, but not doing, you're in what's called 'contemplation'. In other words, on some level, you're weighing the pros and cons of changing the way you eat.

Here's what I want you to do: Divide a sheet of paper in two, lengthwise. Write **PROs** at the top of one

column and **CONs** at the top of the other. **Make your list of those pros and cons for really eating well. Examine them.**

What are the reasons you shy away from making a change you know would be healthy on so many levels? (Just like I know having a re-organized office would benefit me immensely!)

Next, consider what might move you along in the decision process. Is it finding the right recipes? Is it having someone show you how to create healthy meals? Or is educating yourself? Or perhaps it's simply that you love eating delicious foods and you don't want to give up your unhealthy favorites!

Take that assignment seriously….I did. A long time ago. And, it helped me move towards the lifestyle I currently have. Big change didn't happen overnight. But small steps over a period of time led me to a place where I can honestly say I my list of PROs for eating a clean, real-foods diet is incredibly long and the CONs are virtually nonexistent!

Plus, it helps that I have found delicious ways to maintain my nutritional standards. Like, for example, these donuts!! You need not compromise nutrition for taste with recipes like this one. Give them a try and, I promise, your reasons for eating healthy will grow!

Recipe category

Food Fit for the Morning [1]
Snacks and This & That [2]

Restricted to members

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Ingredients

- 2 cups blanched almond meal/flour (*see notes)
- 2 ½ teaspoons baking powder
- 3 tablespoons coconut flour (sifted) or arrowroot flour
- ½ teaspoons salt (ideally Celtic sea salt or Pink Himalayan)
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger
- ¼ teaspoon cloves
- ⅓ cup (heaping) pumpkin puree (**see notes)
- ¼ cup pure maple syrup
- 2 eggs (preferably organic, from free range chickens)
- 4 tablespoons coconut cream (that's the solid-ish part skimmed from the top of a can of coconut)
- 1 teaspoon pure vanilla extract
- CHOCOLATE GLAZE:
- 1 ½ to 2 cups dark chocolate chips or chopped dark chocolate (at least 72% cocoa content)
- 2 tablespoons real butter or ghee (***see notes)

Recipe Instructions

1. Preheat the oven to 325º.
2. Combine all the dry ingredients in a large bowl and whisk well. Set aside.

3. Combine all the wet ingredients in a medium bowl and whisk together or, I prefer to mix with a handheld mixer.
4. Slowly pour the wet ingredient into the dry ingredients, stir and then beat together with your mixer.
5. Spoon the mixture into a greased donut pan. Bake for 20 minutes until the donuts are golden and have a sponge-like feel.
6. Allow to cool in the pan for a few minutes. Turn over the pan and remove donuts on to a cooling rack.
7. For the glaze: Melt the chocolate chips and butter on low heat, stirring often. Remove from the heat and allow to cool.
8. Dunk each donuts in the chocolate glaze. I simply, dunk the tops into the melted chocolate and then let the donuts set out until the chocolate has set.
9. Enjoy! If you are not going to eat the donuts in a couple of days, be sure to freeze them.

This recipe will make 8 large donuts.

Featured Image



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Recipe Description

There's never a bad time of year for pumpkin....says me! And these delicious donuts prove it. Almond meal and coconut flour make them grain free and a good protein source. And with the moisture and vitamins from pumpkin and just a touch of sweet from pure maple syrup, you're gonna love these with your coffee or tea. Wait...did I mention the smooth, decadent dark chocolate glaze? And that chocolate goes perfect with pumpkin....again, says ME!

Recipe Notes

Here is one of my favorite Almond Meals/flours. It's nice and finely ground to bake with:

**If you buy pumpkin puree in a can, be sure to get a BPA free can and NOT pumpkin pie filling.

***Ghee is a safe alternative for those of you who want/need to eat dairy free. I love the flavor, too. Here's a good one to check out:

Source URL: https://www.livinghappilywhole.com/content/pumpkin-donuts-grain-free-dark-chocolate-glaze

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