

Dr. Sarah's Good Karma Donuts

These delicious donuts are sugar free, grain free and nut free.



Adapted from The Detoxinista

Serves 6

Ingredients:

1/4 cup coconut flour
1/4 cup cocoa powder
1/4 teaspoon sea salt
1/2 teaspoon baking soda
3 eggs
1/4 cup coconut oil, melted
1/3 cup erythritol
1/2 tablespoon vanilla extract

For the chocolate glaze:

1-cup dark chocolate chips (I use Lily's dark chocolate chips sweetened with stevia)
3 tablespoons coconut oil
Toasted unsweetened coconut flakes

Instructions:

Preheat the oven to 350°F and grease a standard donut pan generously with coconut oil. In a medium bowl, whisk together the coconut flour, cocoa powder, sea salt and baking soda.

Add in the eggs, coconut oil, erythritol, and vanilla and whisk again until a uniform batter is created.

Spoon or pipe the batter evenly into the six donut wells.

Bake for 15 minutes or until firm to touch.

Allow donuts to cool before removing from the pan.

To make the glaze, melt the chocolate with coconut oil and whisk until smooth and shiny. Drizzle or dip donuts in glaze.

Sprinkle with coconut (optional). Enjoy!