



Grain-Free Spiced Doughnuts with Apple Cider Glaze

Gluten-Free, Grain-Free, Nut-Free, Paleo

Ingredients

- 1 package (2 1/4 teaspoons) Active Dry Yeast
- 1/4 cup warm water (110°F)
- 3/4 cup warm raw milk (110°F)
- 1 Tablespoon maple sugar
- 2 1/2 cups **Otto's Naturals - Cassava Flour**
- 1/4 cup maple sugar
- 1 teaspoon salt
- 1 Tablespoon ground cinnamon
- 1/4 teaspoon nutmeg (optional)
- 1/4 teaspoon clove (optional)
- 1/2 cup grass fed butter, softened
- 2 eggs, room temperature
- Avocado oil for frying

Glaze:

- 2 1/2 cups organic powdered sugar
- 1/4 cup apple cider

Instructions

1. In a 5-quart Dutch oven, begin warming avocado oil over low heat while dough is being prepped. You'll want it to be 375°F.
2. In a small bowl, whisk together yeast, water, milk and 1 Tablespoon of maple sugar until well combined. Set aside and allow to bloom.
3. In a separate medium sized bowl, add cassava flour, 1/4 cup maple sugar, salt, and cinnamon (along with nutmeg and cloves if using). Whisk to combine and set aside.
4. Once yeast has bloomed, add softened butter and eggs. Whip with a hand mixer until well combined and creamy.
5. Pour the yeast mixture into the dry ingredients, mixing initially at a low speed and then at medium high speed to incorporate completely and dough comes together. Gather dough together with your hands and form into a nice soft ball.
6. Dust a piece of parchment with a sprinkle of flour and place dough on top. Press down evenly

with hands to approximately 1/2 - 3/8-inch thick (the shape isn't critical). Using larger circle cutter, cut as many donuts as you can, and then use a small cutter to cut out the middle.

7. Fry a couple donuts at a time, turning once, until golden brown on both sides. Remove to wire rack and repeat with remaining cut donuts. You can either fry up the donut holes, or press back together and cut out additional donuts. You should get 12-16 donuts depending on the size of your cutters and if you fry up the donut holes or not.
8. While donuts are cooling, combine powdered sugar and apple cider in a small bowl and whisk until well combined. Once donuts are cooled, dip the tops into glaze, letting excess drip off, then place back on wire rack. Repeat with remaining donuts. Glaze is set once it's dry to touch.