



Full of sweet, tropical coconut flavor, these donuts are baked to a golden perfection. The spices add a bit of punch and warmth. Enjoy this donuts year round and don't feel too guilty. Coconuts are rich in fiber, improve heart health, weight loss, and digestion. The fact that they are baked and not fried saves a bit on the calorie intake as well!

Coconut Donuts

Ingredients

2 cups flour
1 1/2 cups sugar
2 tsp baking powder
1/2 tsp allspice
1/4 tsp ground ginger
1/2 tsp salt
1/2 tsp vanilla extract
1 egg, lightly beaten
1 1/4 cup coconut milk
2 tbsp butter, melted and cooled

Ingredients - Topping

1 cup icing sugar
1 tsp lemon juice
1 tsp coconut extract
2 tbsp milk
1 cup unsweetened coconut flakes, toasted

Instructions

Preheat the oven to 350°F and spray three donut pans with non-stick spray. Sift together the flour and spices and then mix in the sugar. Create a well in the center.

Mix together the milk, butter and egg. Incorporate into the dry ingredients and stir until combined. Add the batter into a piping bag and fill the donut pans.

Bake for 17 minutes or until a toothpick comes out clean. The donuts should be a golden brown colour. Allow the donuts to rest in the pan for 5 minutes and then tap them onto a wire rack. While the donuts are cooling, toast the coconut flakes for 2 to 3 minutes until golden brown. Mix together the icing sugar, lemon juice, extract and water until smooth.

Dip the donuts into the glaze on one side and immediately dip into the coconut flakes (the flakes will adhere to the wet glaze).

Makes 18 donuts.