



# Awesome vegan Donuts - Two Ways

⌚ Preparation time: 15 minutes  
Cooking time: 20 minutes  
**Total time: 35 minutes**

👤 Portions: 4

## Ingredients (8 donuts)

- 150 g pumpkin (Hokkaido/ Weight without seeds/with skin)
- 1/2-1 tsp. coconut oil
- 1 pinch of cinnamon
- Optional: 1/4 teaspoon turmeric for a nice golden color
- 100 g Creme Vega (a vegan Crème Fraîche alternative)
- 100 ml plantbased milk
- 1 tbsp. cider vinegar
- 250 g (spelt) flour
- 50 g cane sugar
- 1 TL baking powder
- 1/2 TL baking soda
- 2 tsp. cinnamon
- 1/4 tsp. cardamom
- 1/4 tsp. nutmeg
- 1/4 tsp. ground ginger
- 1 pinch of salt

**Donuts in two variations:** For the glaze or garnish, you have 2 options here: Either you coat the donuts in a mixture of coconut blossom sugar and cinnamon, which tastes super delicious. Or you sprinkle the donuts with a lemon glaze. I used vegan food coloring for the orange colored part of the glaze and sprinkled some sugar beads on top of the donuts.

### For the coconut blossom sugar coating

- 2 tbsp. margarine
- 50 g coconut blossom sugar
- 1-2 tsp. cinnamon

### Or you go for a lemon glazing

- 80 g icing sugar
- 2 tbsp. lemon juice
- Vegan food coloring orange as an option
- Optional: sugar beads for garnishing

## Instructions (15-20 minutes preparation + 2x 10 minutes baking time)

1. Preheat oven to 200 °C/ 392 °F fan and cover a tray with parchment paper.
2. Wash pumpkin, remove seeds and cut 150 g/ 5.3 oz of it into pieces. Mix the pumpkin cubes with coconut oil and a pinch of cinnamon, spread on baking paper and bake at 200 °C/ 392 °F fan for about 10-12 minutes until the pumpkin cubes start to brown slightly at the tips.
3. Leave oven preheated at 180 °C/ 356 °F and grease donut cups with some coconut oil or margarine.
4. Puree roasted pumpkin with 1/4 tsp. of turmeric, 100 g Cream Vega, 1 tbsp. of apple vinegar and 100 ml plantbased milk in a blender.
5. In a second bowl mix spelt flour, cane sugar, baking powder, baking soda, cinnamon, a pinch of cardamom, freshly grated nutmeg, ginger and a pinch of salt.
6. Add the pumpkin puree to the flour and spice mixture and stir quick & vigorously with a spoon.
7. Spread the dough onto the greased doughnut forms and fill in only 2/3 in each mould, as they are rising in the oven.
8. Bake pumpkin donuts at 180 °C/ 356 °F fan for about 10 minutes. Then let the donuts cool down briefly and take them out of the tin.
9. Melt 2 tbsp. of margarine. Mix coconut blossom sugar and cinnamon. Lightly brush the donuts with margarine and turn them in the coconut blossom

sugar.

10. Or you can mix a glaze of powdered sugar and lemon juice and sprinkle it on the donuts. I colored half of the glaze orange with food coloring. That looks especially pretty. If you like, put additional sugar beads over the donuts.

The donuts become super fluffy and soft. Simply delicious. Which one is your favorite? Coated with coconut blossom sugar or sprinkled with a delicious lemon icing? Write me about it! I am looking forward to hearing how you prepared your donuts. Have fun, xoxoxo Lea