

Raphael's Donuts

Peach Mango Explosion vegan diabetic (low glycemic) donuts

Ingredients:

Batter—

1 ½ cups chickpea flour or all-purpose gluten free flour or whole wheat flour

3 bags of peach mango herbal tea leaves

1 tablespoon of chia seeds (or choice of tree nut)

1 tablespoon of flax seeds (or choice of tree nut)

1 tablespoon of hemp seeds (or choice of tree nut)

2 teaspoons of baking soda

Half teaspoon of nutmeg

Half teaspoon of curry powder

½ cup of unsweetened apple sauce

1 ½ cups 100% peach mango juice

1/3 cup agave nectar

Glaze –

2/3 or 3/4 cup xylitol or choice of low glycemic plant based powder-like sweetener

¼ cup 100% peach mango juice or mango juice

1/2 teaspoon nutmeg

Directions:

- 1. Preheat oven to 375 degrees.**
- 2. Pour in the dry ingredients in a sizable mixing bowl as measured.**

- 3. Pour in the wet ingredients in a separate mixing bowl.**
- 4. Mix in the wet ingredients with the hand mixer.**
- 5. Pour in the wet ingredients in the dry ingredient bowl with the dry ingredients.**
- 6. Use a pitcher and place a kitchen storage bag (gallon-size preferred) inside the pitcher open, and then pour your batter in the storage bag.**
- 7. Spray the donut pans with soy-free olive oil spray.**
- 8. Close the storage bag and lift it out of the pitcher. Cut the corner from the bottom of the bag. Pour the batter in the donut pans 2/3 to 3/4 way to the top.**
- 9. Place the donut pans with the batter in the oven and bake it for 9 1/2 minutes.**
- 10. When done, take the donuts out of the oven, placing them on cooling rack or table to cool for ten minutes. Then use a spatula to take the donuts out of the pan, placing on a baking pan or aluminum foil if you don't have a baking pan.**
- 11. For the glaze, pour in the xylitol or choice of low glycemic powder like sweetener and peach mango juice and nutmeg in the mixing bowl. Whisk the ingredients till it forms a crystalized glazelike texture.**
- 12. Dunk the donuts in the glaze and place them back on the aluminum foil or pan to dry the glaze or serve them as is on a plate.**