



Oat Flour Donuts with Black Sesame Glaze



SERVINGS

6-8



COOKING TIME

10-15 min

Savor the unique blend of wholesome oats and rich black sesame in these delightful oat flour donuts, finished with a luscious glaze for a decadent treat.

Ingredients

Oat Flour Donuts

- 1 large egg (sub 1 flax egg (1 tbsp ground flaxseed with 1 tbsp water optional))
- 1/4 cup oat milk
- 1 tsp vanilla extract
- 1 1/2 cups oat flour
- 1 1/2 tsp baking powder
- 1/4 cup sugar
- 1 tbsp oil neutral

Glaze

- 1 tbsp black sesame powder (ground fine)
- 1/2 cup confectioners sugar
- 1 tbsp oat milk
- 1/2 tsp vanilla extra

Cooking Instructions

Oat Flour Donuts

1. Combine eggs and yogurt in a bowl, whisk together smooth. Add oat milk, sugar, and vanilla, mix until combined. Fold in oat flour, baking soda and powder. Spoon batter into a

greased donut mould pan or a donut maker. Bake/cook at 350°F for 10-15 min or until donut spring back and golden. Let sit for 5-10 min before removing from pan from oven or immediately if using a donut maker. Once cooled, place on wire rack. Take each donut and dip one side in glaze. Optional: Decorate with more sesame or sprinkles and enjoy!

Glaze

2. Combine all ingredients in a bowl, whisk well, strain if needed. Use immediately. Add additional milk or powdered sugar depending on desired thickness.