



Baked Sweet Potato Maple Donuts

QUAKER

Servings: 6 | Prep Time: 5 minutes | Cook Time: 30 Minutes

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Brought to you by Addie
Martanovic, Chickpea In The City



Ingredients

- 1 ½ cups Quaker® Quick 1-Minute Oats, divided
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 2-3 tablespoons maple syrup (depending on sweetness level)
- 2 tablespoon grass-fed butter
- ½ cup sweet potato puree
- ½ cup butternut squash (or pumpkin) puree
- 1 egg
- 1-2 tablespoon almond milk
- 1 scoop of collagen peptides for protein (optional)

TOPPING SUGGESTION:

- 2 tablespoon coconut butter OR 2 tablespoon vanilla organic frosting (per donut)
- Additional pumpkin pie spice



Preparation

1. Preheat your oven to 350°F.
2. Begin by blending 1 cup of oats into an oat flour.
3. Add oat flour to a large bowl with remaining oats, baking powder, baking soda, pumpkin pie spice and vanilla extract (add the collagen here if you are using it). Mix until well incorporated.
4. In a separate bowl, combine the maple syrup, grass-fed butter, pumpkin puree, butternut squash puree, egg, and almond milk.
5. Add the wet ingredients to the dry and mix well. Add 2-4 additional tablespoon almond milk if batter seems too dry! Pour into a well-greased donut pan and bake in the oven for 15-20 minutes until a toothpick comes out clean.
6. Let cool for at least 10 minutes before adding your topping. Either melt coconut butter over the tops for a drizzled look, adding pumpkin spice on top of the drizzle or frost with vanilla frosting and sprinkle with pumpkin pie spice!

NUTRITION FACTS (PER SERVING):

180 calories, 6 g fat, 3 g sat fat, 40 mg cholesterol, 240 mg sodium, 27 g total carb, 3 g fiber, 7 g sugar, 4 g protein, 6% DV calcium, 2% DV vitamin D, 4% DV vitamin C, 35% DV vitamin A, 4% DV potassium, 10% DV iron, 10% DV thiamin, 10% DV magnesium, 6 g added sugar

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