



Hungry Girl: DIY Pumpkin Maple Donuts



1/6th of recipe (1 donut): 137 calories, 1g total fat (0.5g sat. fat), 240mg sodium, 30g carbs, 3g fiber, 4g sugars, 5.5g protein

Prep: 15 minutes **Cook:** 15 minutes

Cool: 35 minutes



Ingredients

Donuts

3/4 cup whole-wheat flour
1/2 cup all-purpose flour
2 1/2 tbsp. Truvia spoonable no-calorie sweetener (or another natural no-calorie sweetener about twice as sweet as sugar)
2 tsp. pumpkin pie spice
1 tsp. cinnamon
1/2 tsp. baking powder
1/4 tsp. salt
1/8 tsp. baking soda
1/2 cup unsweetened vanilla almond milk
1/2 cup canned pure pumpkin
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 cup fat-free plain Greek yogurt
2 tsp. vanilla extract

Drizzle

1 tbsp. light/reduced-fat cream cheese
2 tbsp. powdered sugar (not packed)
1 tsp. unsweetened vanilla almond milk
1/8 tsp. vanilla extract
1/8 tsp. maple extract
Dash pumpkin pie spice
Dash salt

Directions

Preheat oven to 375 degrees. Spray a 6-cavity standard donut pan with nonstick spray. To make the donuts, in a large bowl, combine both flours, sweetener, pumpkin pie spice, cinnamon, baking powder, salt, and baking soda. Mix well.

In a medium bowl, combine remaining donut ingredients. Whisk until uniform. Add mixture to the large bowl, and stir until smooth and uniform. (Batter will be thick.)

Evenly distribute batter into the donut pan, and smooth out the tops. (See HG Tip below.)

Bake until a toothpick inserted into a donut comes out mostly clean, 10 - 12 minutes. Meanwhile, place a cooling rack over a baking sheet.

Let donuts cool completely, about 10 minutes in the pan and 15 minutes on the cooling rack.

To make the drizzle, in a small microwave-safe bowl, microwave cream cheese at 50% power for 10 seconds, or until completely softened. Stir until smooth. Add remaining drizzle ingredients, and whisk with a fork until smooth and uniform.

Top donuts with drizzle, and let sit for 10 minutes, or until set. (Drizzle will run off; that's why you've got the rack over that baking sheet.)

MAKES 6 SERVINGS

HG Tip: For perfectly shaped donuts, use a DIY piping bag. Just transfer the batter to a plastic

bag, and squeeze it down toward a bottom corner. Snip off that corner with scissors, creating a small hole for piping.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: November 14, 2017

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.