



Candy Cane Glazed Donuts



1/6th of recipe (1 donut): 181 calories, 2g total fat (1g sat. fat), 300mg sodium, 39g carbs, 2g fiber, 26g sugars, 3g protein

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Prep: 10 minutes **Cook:** 15 minutes

Cool: 35 minutes



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Ingredients

Donuts

1 1/4 cups moist-style devil's food cake mix (a little less than half a box)
1/2 cup canned pure pumpkin
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 tsp. peppermint extract

Glaze

1/2 cup powdered sugar (not packed)
1 1/2 tbsp. unsweetened vanilla almond milk, light vanilla soymilk, or fat-free dairy milk
2 - 3 drops peppermint extract
Dash salt
1 full-sized candy cane (or 3 minis), crushed

Directions

Preheat oven to 400 degrees. Spray a 6-cavity standard donut pan with nonstick spray.

In a large bowl, combine all donut ingredients. Add 1/4 cup water, and mix until completely smooth and uniform. Evenly distribute batter into the rings of the donut pan, and smooth out the tops. (See HG Tip below.)

Bake until a toothpick inserted into a donut comes out mostly clean, about 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.

In a medium bowl, combine glaze ingredients *except* candy cane, and whisk until smooth and uniform.

One at a time, dunk the tops of the donuts into the glaze, coating the top halves. Return to the cooling rack, and sprinkle evenly with crushed candy cane.

Allow glaze to set, about 10 minutes. (Glaze will run off; that's why you've got the rack over that baking sheet.)

MAKES 6 SERVINGS

HG Tip: To make your donuts look extra beautiful, fill the donut cavities using 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. Ta-da!

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