



# HG's Glazy Maple Donuts



1/6th of recipe (1 donut): 167 calories, 1.5g total fat (0.5g sat. fat), 281mg sodium, 35.5g carbs, 0.5g fiber, 23.5g sugars, 2g protein

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

**Cool:** 35 minutes



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## Ingredients

### Donuts

- 1 1/4 cups moist-style yellow cake mix (a little less than half a box)
- 1/2 cup unsweetened applesauce
- 1/4 cup egg whites or fat-free liquid egg substitute
- 1/2 tsp. maple extract

### Glaze

- 1/3 cup powdered sugar (not packed)
- 1 1/2 tbsp. lite pancake syrup
- 1 tbsp. unsweetened vanilla almond milk, light vanilla soymilk, or fat-free dairy milk
- 1/8 tsp. maple extract
- Dash salt

## Directions

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

In a large bowl, combine 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* .)

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, 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 allow glaze to set, about 10 minutes. (Excess 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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