



Pumpkin Chocolate Chip Donuts



1/6 of recipe (1 donut): 148 calories, 3g total fat (1.5g sat. fat), 220mg sodium, 28g carbs, 1g fiber, 15.5g sugars, 2.5g protein

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

Cool: 25 minutes



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Ingredients

1 1/4 cups spice cake mix
1/2 cup canned pure pumpkin
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
2 tbsp. mini semisweet chocolate chips
Optional topping: powdered sugar

Directions

Preheat oven to 400°F. Spray a 6-cavity donut pan with nonstick spray.

In a large bowl, combine cake mix, pumpkin, egg whites/substitute, and 1/4 cup water. Mix until smooth and uniform.

Fold in chocolate chips. Evenly distribute batter into the rings of the donut pan, and smooth out the tops.

Bake until a toothpick inserted into a donut comes out mostly clean, about 10 minutes.

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

MAKES 6 SERVINGS

HG Tip: For extra-beautiful 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.

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