



Yum Yum Red Velvet Donuts



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1/6th of recipe (1 donut): 171 calories, 3.5g total fat (2g sat. fat), 347mg sodium, 32.5g carbs, 2g fiber, 19g sugars, 3g protein

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

Cool/Set: 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
2 1/2 tsp. red food coloring
1 tbs. mini semi-sweet chocolate chips

Drizzle

1 tbs. light/reduced-fat cream cheese
2 tbs. powdered sugar (not packed)
1 tsp. unsweetened vanilla almond milk, light vanilla soymilk, or fat-free dairy milk
1/4 tsp. vanilla extract
Dash salt

Directions

Preheat oven to 400 degrees. Spray a [6-cavity standard donut pan](#) with nonstick spray.

In a large bowl, combine all donut ingredients *except* chocolate chips. Add 1/4 cup water, and mix until completely smooth and uniform.

Fold in chocolate chips. 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 small microwave-safe bowl, microwave cream cheese at 50% power for 20 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 that are 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.

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