

BAKED MAPLE CINNAMON "BANANA BREAD" DOUGHNUTS

INGREDIENTS

1 cup all purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons vegetable oil
2 ripe bananas, mashed
1/4 cup maple syrup
1/2 cup Greek Yogurt
1 egg, lightly beaten
1 teaspoon vanilla
1/2 cup granulated sugar
2 teaspoons cinnamon

DIRECTIONS

Preheat oven to 325F. Lightly coat the doughnut pan with cooking spray and set aside.

In a large bowl, whisk together flour, baking soda, and salt. Set aside. In a medium bowl, combine vegetable oil, mashed bananas, maple syrup, yogurt, egg, and vanilla, and whisk until smooth. Add the wet mixture to the dry mixture, and stir until just combined.

Pour the batter into a resealable plastic bag (or a pastry bag). Cut off one corner of the bag, and squeeze batter into the prepared doughnut pan, making sure each indentation is about 3/4 full.

Bake for 14 to 16 minutes, or until the doughnuts are golden and spring back when touched. Remove from the oven and cool in the pan for a few minutes, then carefully turn out into a wire rack and cool fully.

In a small bowl, combine the sugar and cinnamon. Dredge each doughnut in the sugar mixture and serve.