

Maple-Spiced Doughnuts

2 Servings | 1 Healthy Fat | 3 Condiments | 1 Fueling
15g Protein | 19g Carbs | 7g Fat

Ingredients

1 pckt Gingerbread Soft Bake
1 pckt Original Pancakes
3 Tbsp egg substitute
2 Tbsp unsweetened vanilla almond milk
½ tsp pumpkin pie spice
¼ tsp baking powder
1 pckt Sugar-Free Syrup, divided
2 Tbsp reduced-fat cream cheese, softened
1/3 oz pecans, chopped
Cooking spray

Instructions

Preheat oven to 350 °F.

In a medium-sized bowl, combine the Gingerbread Soft Bake, Original Pancakes, egg substitute, almond milk, pumpkin pie spice, baking powder, and half of the Sugar-Free Syrup.

Lightly grease two cavities of a standard-sized doughnut pan. Divide the batter equally among the two cavities. Bake for 10 to 12 minutes.

For the glaze: Combine the cream cheese and remaining Sugar-Free Syrup. Dip each doughnut into the glaze or spread the glaze on top of each doughnut. Top with chopped pecan pieces.