
Angela Litzinger @ angelaskitchen.com adapted from Fit Mama, Real Food who adapted it from Edible Perspective

Lemon Berry Donut Holes, Gluten Free Dairy Free

- 1/2 cup oat flour, certified gluten free
- 1/2 cup sweet rice flour
- 3 tablespoons coconut flour
- 1/3 cup natural cane sugar or sugar
- 1 teaspoon baking powder, gluten free
- 1/2 teaspoon salt
- 2 large eggs
- 6 tablespoons coconut milk or other unsweetened dairy free milk substitute
- 3 tablespoons oil
- 3 tablespoons unsweetened applesauce
- 2 tablespoons lemon juice
- 1 tablespoon finely grated lemon zest
- 1 teaspoon vanilla extract, gluten free
- 1/2 cup blackberries, raspberries or other berry of choice, coarsely chopped (If frozen, fold in while still frozen)



Servings/Yield

3 dozen donut holes

Method

Preheat your oven to 350 degrees F. Plug in cake pop maker and heat according to manufacturer's directions.

In a bowl mix together the oat flour, brown rice flour, coconut flour, sugar, salt and baking powder. In another bowl, whisk together eggs, milk substitute, vanilla extract, oil, lemon zest, and applesauce. Mix wet into dry, until combined. Do not over stir. It will look slightly lumpy. Carefully fold the berries into the batter.

Using a spoon or scoop, put about 1 tablespoon of batter into each depression of the cake pop baker. Close baker and cook for 4-5 minutes until donut holes are baked through. Remove donut holes to a cooling rack. When cool, drizzle with lemon glaze (powdered sugar with just enough lemon juice to get the consistency desired) or leave plain.