

# Banana & Caramel Donuts



## Recipe By FoodieBook

**Ref:** 467

**Heading:** Bread & Baking

**Cuisine:** American

**Food Type:** Vegan

**No of Portions:** 8

## Ingredients & Prep

1 banana ripe peeled chopped  
110 g Medjool dates pitted  
80 tbsp almond milk  
60 g rice flour  
55 g buckwheat flour  
45 g tapioca flour  
2 tbsp maple syrup  
2 tsp almond flour  
2 tbsp coconut cream/butter chopped  
2 tbsp water  
1 tbsp flax seeds  
1 tsp cider vinegar  
1 tsp baking powder  
1 tsp bicarbonate of soda  
1/2 tsp salt  
1/2 tsp cinnamon powder  
1/2 tsp ginger ground

### Caramel Sauce

180 ml maple syrup  
80 g pecan nuts chopped  
2 tbsp coconut cream/butter  
1 tbsp coconut oil  
1/2 tsp salt  
1/2 tsp cinnamon

## Suggestion & Tips

Very tasty with vegan ice cream.

## Method

**Step 1** - In a small bowl add flax seeds & water, stir & set aside to make a gel.

**Step 2** - Pre-heat oven to 180°C.

**Step 3** - In a mixing bowl add rice, buckwheat, tapioca, & almond flours, baking powder, bi carb, cinnamon & the ginger then mix & set aside.

**Step 4** - In a food processor or liquidizer place banana, chopped creamed coconut, almond milk, dates, maple syrup, & vinegar, blitz to smooth, add this mixture to the flours with the flax seed gel, then beat using an electric mixer or hand whisk until its all smooth.

**Step 5** - Pour mixture into non-stick doughnut or muffin tin/molds or cupcake cases approx. 85g in each then bake for 20 mins, test with a skewer or cocktail stick, if dry they are cooked.

**Step 6** - While they are cooking make the caramel sauce, on a low heat add maple syrup, & coconut oil heat until it boils constantly stirring, then add nuts, salt, creamed coconut & cinnamon, keep stirring until it boils again, let it simmer for 1 minute still stirring then remove & pour into a serving bowl.

**Step 7** - Serve doughnuts warm with warm caramel sauce.