



## Healthy Donuts

### Ingredients

- 1 cup whole wheat pastry flour
- 1/3 cup brown sugar
- 1 teaspoon baking powder
- 2 teaspoon ground cinnamon
- ½ teaspoon salt
- 1/8 teaspoon baking soda
- ¼ cup butter, soft
- 1 egg, beaten
- 1/3 cup Greek yogurt

### Directions

- Preheat oven to 350°.
- Combine all ingredients in a medium bowl. Mix well—but do not over mix.
- Transfer the mixture into a plastic zipper bag. Close and snip one corner.
- Spray donut pans with coconut spray.
- Squirt 1/6th of the batter evenly into each donut ring—about half full.
- Place into oven and bake for 15 minutes.
- When donuts are cool, dip into a mix of sugar and cinnamon.