



Mini Doughnuts

Baking spray or your choice

1 cup rice flour

½ cup tapioca flour

1 ½ teaspoons baking powder

½ teaspoon salt

1 teaspoon nutmeg, divided (if allergic, use allspice)

1/3 cup shortening, butter, ghee or oil

Egg replacer= 1 egg

½ teaspoon vanilla

½ cup milk of your choice

2 teaspoons of honey

1 teaspoon cinnamon

Optional- 1 Enjoy Life Foods Caramel Apple Chewy Bar, crumbled as an extra flavor

(For visual instructions, please visit my blogpost at <http://allergyphoods.blogspot.com/2012/01/enjoying-life-with-enjoy-life-foods.html>)

Preheat oven to 350°. Prepare a mini muffin pan by spraying it with baking spray (or) use an ebelskiver pan.

In a small bowl, combine ½ cup of sugar, cinnamon and nutmeg. Set aside.

In a large bowl, combine the flours, baking powder, salt, ½ teaspoon nutmeg, shortening, egg substitute, vanilla and milk. The mixture should be thicker. If it's too watery, it will drip when you turn them over. Spoon the mixture into each muffin cup, filling half way.

If using an ebelskiver, spray with baking spray and watch them closely. You will have to carefully take a small spoon and turn them over to cook the other half without burning them.

While they are still hot, roll carefully in the mixture of sugar, cinnamon and nutmeg. Set aside and allow to cool on a plate- do not seal them in a container until they are completely cool because this will make them soggy. You may also notice once they are cooled down that you may want to reroll them in the sugar; sometimes the doughnut soaks up most of the sugar when it's still warm.

Options: Melt some Enjoy Life chocolate chips and dip the doughnuts in that for chocolate-frosted doughnuts (let them cool on waxed paper) or roll them in confectioners' sugar, sprinkles or whatever you crave for your doughnut.