

# Jenny's Baked Doughnuts

Doughnuts are back on the menu thanks to a special baking pan and my healthy recipe. Doughnuts don't have to be fried to taste good. Mine have no butter, no grease, and a light glaze and they are fantastic. Eat them while they're still warm! Doughnuts are back!

1/2 cup all purpose flour  
2 Tablespoons sugar  
1/2 teaspoon baking powder  
1/8 teaspoon baking soda  
pinch of salt  
pinch of nutmeg

1/4 cup low fat buttermilk  
1 egg  
1 Tablespoon canola oil  
1/4 teaspoon vanilla

1. Preheat oven to 400°.
2. Grease a 6-cup nonstick doughnut pan including the "holes."
3. Combine dry ingredients in a bowl.
4. Combine buttermilk, egg, oil & vanilla in a measuring cup.
5. Add buttermilk mixture to flour mixture, fold until just combined.
6. Divide evenly among baking cups. Wipe batter off "holes."
7. Bake for 10-12 minutes until tops spring back.
8. Remove from pan to cooling rack set over wax paper.
9. Dip into glaze while warm to coat all sides. Eat warm or cool on rack.

Glaze:

1 cup powdered sugar  
1/4 teaspoon vanilla  
1-2 Tablespoons milk

1. In a small bowl, place sugar & vanilla.
2. Add milk gradually, stirring until you get a smooth glaze the consistency of maple syrup.