

# Cinnamon Doughnuts with Brown Butter Glaze



Makes 8 doughnuts

Ingredients:

For the doughnuts:

- 1  $\frac{1}{2}$  cups almond flour
- $\frac{1}{4}$  cup granulated erythritol
- 2 tablespoons vanilla whey protein powder
- 1 teaspoon ground cinnamon
- 1  $\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt

Adapted from [AllDayIDreamAboutFood.com](http://AllDayIDreamAboutFood.com)

- 3 tablespoons butter, melted
- 2 eggs, lightly beaten
- 1/4 cup almond milk
- 10 drops liquid stevia
- 1/4 teaspoon vanilla extract

For the glaze:

- 3 tablespoons butter
- 7 tablespoons powdered erythritol
- 1 to 2 tablespoons heavy cream
- 1/4 teaspoon vanilla extract

Instructions:

1. Lightly grease a doughnut pan and pre-heat oven to 325°F.
2. In a large bowl, whisk together almond flour, erythritol, protein powder, cinnamon, baking powder and salt.
3. Stir in melted butter, eggs, almond milk, stevia and vanilla extract until well combined.
4. Fill doughnut pan holes approximately 2/3 full and bake 15 to 18 minutes, or until doughnuts are lightly browned and set.
5. Let cool in pan 5 minutes, then flip out onto a wire rack to cool completely.
6. For the glaze, melt butter in small skillet over medium heat. Cook until butter is browned and fragrant, about 4 minutes. Remove from heat.
7. Place powdered erythritol in a medium bowl. Slowly whisk in browned butter until well combined. Mixture will be thick.
8. Stir in 1 tablespoon of cream at a time until a spreadable consistency is achieved. Stir in vanilla extract.
9. Spread glaze on cooled doughnuts and let set, about 20 minutes.

Nutrition per doughnut with glaze: Calories 244; Total Fat 22.1 g; Saturated Fat 7.6 g; Monounsaturated Fat 9.9 g; Polyunsaturated Fat: 3.1 g; Total Carbohydrates 25.9 g; Dietary Fiber 2.5 g; Sugar Alcohols 20.7g; Sugar 1.5 g; Protein 7.6 g; Sodium 264 mg