

# LEMON-KISSED KETO BAKED DONUTS



## TIME

- Prep | 15
- Baking | 30-40min

## Equipment

- Donut Pan (for oven) OR Donut Maker (electric)
- 2 Mixing Bowls
- Whisk
- Piping bag OR Ziploc bag (for easy filling)
- Cooling Rack

## INGREDIENTS

### Dry Mix:

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1/2 cup Powdered Keto Sweetener (I prefer Monk Fruit)
- 1 ½ tsp Baking Powder

### Wet Mix:

- 2 Large Eggs (room temp)
- ¼ cup Unsweetened Almond Milk
- ¼ cup melted Butter or Coconut Oil
- 1 ½ teaspoons Lemon Zest (from about 1 large lemon)
- (Optional!) ½ teaspoon Vanilla Extract (pairs well with lemon)

### For the Zesty Lemon Glaze

(Recommended Topping):

- ½ cup Powdered Keto Sweetener
- 2 tablespoons Unsweetened Almond Milk (or heavy cream for a richer glaze)
- 1 teaspoon Lemon Juice (freshly squeezed for best flavor)
- (Optional!) ½ teaspoon Lemon Zest (for extra lemon punch)



# LETS MAKE THIS!

## PREP

- Prep: Preheat oven to 350°F (175°C) and grease donut pan OR preheat donut maker.
- Mix Dry: In a large bowl, whisk together Almond Flour, Coconut Flour, Keto Sweetener, and Baking Powder.
- Combine & Fill: Pour wet into dry; stir just until combined. Use a piping bag/Ziploc to fill donut molds 2/3 full.

## BAKE

- Oven: Bake 12-18 mins, until golden and springy.
- Donut Maker: Cook 3-5 mins.
- Cool: Cool in pan 5-10 mins, then move to a rack to cool completely.
- Make & Add Glaze: While donuts cool, whisk together the powdered keto sweetener, almond milk, 1 tsp lemon juice, and optional ½ tsp lemon zest for the glaze. Once donuts are completely cool, dip tops into the glaze and let set on the rack.
- Enjoy your bright and zesty lemon keto donuts!

## TIPS

### How to Store Your Keto Baked Donuts

- Airtight is Key: Always store these donuts in an airtight container to keep them fresh and prevent drying out.
- Countertop (Short Term): Good for 1-2 days if your kitchen isn't too warm or humid.
- Refrigerator (Best for Freshness): Store in an airtight container for up to 5 days. This is usually the best option for keto baked goods.
- Freezer (Long Term): Freeze completely cooled donuts in a single layer until firm, then transfer to a freezer-safe bag or container. They'll last up to 1 month. Thaw at room temp or warm briefly.



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