



Cider Doughnuts

Prep Time: 40 min **Cook Time:** 5 min./batch **Servings:** 1 dozen doughnuts plus doughnut holes. **Source:** Tasteofhome.com

INGREDIENTS

2 cups apple cider
3 cups all-purpose flour
1/2 cup whole wheat flour
2/3 cup packed brown sugar
2 teaspoons baking powder
3/4 teaspoon salt
1/2 teaspoon baking soda
1/4 teaspoon each ground cardamom, nutmeg, cinnamon and allspice
2 large eggs, room temperature
6 tablespoons butter, melted and cooled
Oil for deep-fat frying
Chocolate Glaze for Doughnuts or Maple Glaze for Doughnuts, optional

DIRECTIONS

In a small saucepan, bring cider to a rapid boil; cook over high heat until reduced by half, about 12 minutes. Cool completely.

Whisk together flours, brown sugar, baking powder, salt, baking soda and spices. In a separate bowl, whisk eggs, melted butter and cooled cider; stir into dry ingredients just until moistened (dough will be sticky). Refrigerate, covered, until firm enough to shape, about 1 hour.

Divide dough in half. On a floured surface, pat each portion to 1/2-in. thickness; cut with a floured 3-in. doughnut cutter.

In an electric skillet or deep fryer, heat oil to 325°. Fry doughnuts, a few at a time, until golden brown, 2-3 minutes on each side. Fry doughnut holes, a few at a time, until golden brown and cooked through, about 1 minute on each side. Drain on paper towels; cool slightly. If desired, dip doughnuts into glaze or sugar of your choice.

NUTRITION

1 serving: 335 calories, 15g fat (5g saturated fat), 46mg cholesterol, 338mg sodium, 45g carbohydrate (16g sugars, 1g fiber), 5g protein.