

BANANA BREAD DOUGHNUTS WITH MAPLE GLAZE AND WALNUTS

INGREDIENTS

1 cup all purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons vegetable oil
2 ripe bananas, mashed
1/4 cup maple syrup
1/2 cup Greek Yogurt
1 egg, lightly beaten
1 teaspoon vanilla

For the glaze

1 cup confectioners' sugar
2-3 tablespoons maple syrup
2-3 tablespoons milk
1/4 cup walnuts, crushed

DIRECTIONS

Preheat oven to 325F. Lightly coat the doughnut pan with cooking spray and set aside.

In a large bowl, whisk together flour, baking soda, and salt. Set aside. In a medium bowl, combine vegetable oil, mashed bananas, maple syrup, yogurt, egg, and vanilla, and whisk until smooth. Add the wet mixture to the dry mixture, and stir until just combined.

Pour the batter into a ziplock plastic bag (or a pastry bag). Cut off one corner of the bag, and squeeze batter into the prepared doughnut pan, making sure each indentation is about 3/4 full.

Bake for 14 to 16 minutes, or until the doughnuts are golden and spring back when touched. Remove from the oven and cool in the pan for a few minutes, then carefully turn out into a wire rack and cool fully.

To glaze and coat, combine maple syrup, maple extract and confectioners' sugar in a bowl until completely mixed and no clumps of sugar remain. It should be a fairly thin consistency, so if it is too thick for dipping, add milk, one tablespoon at a time. Dip each donut in the glaze and then place on a cooling rack. Sprinkle with walnuts. Let cool the rest of the way. Enjoy immediately.