

LIVE FRUITFULLY RECIPES

MATCHA HONUTS

Makes 10 donuts

For the donuts

- 100g coconut sugar
- 100g sprouted brown rice flour
- 70g potato flour
- 40g garbanzo bean flour
- 4 tbsp arrowroot flour
- ¾ tbsp ground cinnamon
- 2 tsp baking powder
- 1 tsp matcha powder
- A pinch of sea salt
- ¼ tsp xanthan gum
- 180ml hot water
- 75ml melted coconut oil + extra for brushing
- 6 tbsp apple sauce
- 1 tsp vanilla extract

For the matcha icing

- 100g unrefined icing sugar
- 3 tsp matcha
- 3 tbsp hot water



INSTRUCTIONS

1. Preheat oven to 180°C. Using a food processor, blitz all dry ingredients. Add in wet ingredients and blend till smooth.
2. Brush some melted coconut oil onto a doughnut mould. Spoon batter into each donut mould until ¾ full.
3. Bake for 20 to 25 mins. Let them cool in mould for 5 mins before removing.
4. Prepare the matcha icing. Combine all the ingredients in a bowl and mix well.
5. Leave doughnuts on a wire rack to cool completely before dipping them into matcha icing. Sprinkle with toppings of choice.



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