

Vanilla Donuts with Chocolate Icing



Recipe developed by Paige Vondran.

Directions

- Preheat the oven to 350° F.
- In a small bowl, combine Jell-O® sugar-free vanilla pudding powder and heavy cream, and mix well.
- Stir in all of the ingredients except the 15g of melted butter and the chocolate syrup, and mix well.
- Pour the batter into a greased donut pan and spread evenly.
- Place the pan in the oven and bake at 350° F for 15-20 minutes until golden brown.
- In a small bowl, mix together 15g room temperature butter and the Walden Farms® chocolate syrup for the icing.
- Once the donuts are finished baking, allow them to cool for 10 minutes before icing.
- Dip the top of the donut into the chocolate icing.
- The remainder of the icing can be used as a chocolate dipping sauce.

Ingredients

		Exchange
Heavy cream	5g	—
Protein	8.4g Bob's Red Mill® soy flour	2.7 (+1.35g fat)
	15g fresh, whole egg	1 (-1.0g fat)
	7.5g sour cream	free
Fat	15.4g butter, softened (in donuts)	3 (+0.35g)
	15g butter, melted (in chocolate sauce)	3
Carbohydrate	1.6g Jell-O® sugar-free vanilla pudding powder	1.3
Other	1/4 tsp DaVinci Gourmet® sugar-free vanilla syrup	
	1/8 tsp vanilla extract	
	3 drops of liquid stevia	
	1 tbsp Walden Farms® chocolate syrup (in chocolate sauce)	—

Variations:

- May use a different flavor pudding powder such as chocolate.
- If you choose not to make the chocolate icing, the additional fat may be consumed on the side.
- Water can be substituted for the cream; however, the donut may be a bit denser.

This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.

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