

Easy donuts with berry coulis



45 min. 118 kcal SteviaSweet Crystal

Preparation

Preheat the oven to 200 °C.

Mix together the **SteviaSweet Crystal**, baking powder, baking soda and cardamom. Melt the butter and add to the other ingredients, together with the yoghurt and egg. Grease the donut mould. Fill the mould with batter using a piping bag. Bake for about 13 - 15 minutes.

Place the ingredients for the berry coulis in a pan and bring to the boil. Simmer over a medium heat for around 10 minutes, until the mixture thickens slightly. Press the coulis lightly through a fine sieve, making sure to extract as much liquid as possible.

Once cooled, dip the donuts in the sauce and enjoy. You could also sprinkle the donuts with dried berry powder.

Ingredients for 12 servings

195 g	wheat flour
50 g	SteviaSweet Crystal
1 tsp	baking powder
1/2 tsp	baking soda
1/2 tsp	cardamom
50 g	butter
150 g	natural yoghurt
1	egg
	melted butter for greasing the donut mould

Berry coulis

300 g	berries
50 g	SteviaSweet Crystal
2 tbsp	water

Nutritional information per portion

118	kcal
495	kJ
3.5	g Protein
14	g Carbohydrates
5.5	g Fat