

# BAKED SUFGANIYOT

## SUGAR-FREE OR LOWER SUGAR JAM

### INGREDIENTS

- 1 C Non-stick cooking spray
- 1 C Sugar **OR** sugar substitute
- 1 Egg (large) **OR** 1/4 C egg substitute
- 3/4 C Coconut milk
- 1/4 C Vegetable oil
- 1 t Vanilla extract
- 1 1/2 C Quinoa flour **OR** flour of your choice
- 2 t Baking powder
- 1/4 t Salt
  
- 1 T Strawberry Jam **OR** other fruit jelly (low sugar **OR** sugar-free)
- 2 T Confectioner's sugar
- 1/4 t Cinnamon (ground)



### DIRECTIONS

- 1 Pre-heat the oven to 350 F & spray 10 muffin tins with non-stick cooking spray
- 2 Place the sugar & egg in a large bowl
- 3 Beat with electric mixer at medium speed (1-2 minutes) or until light, thick & smooth
- 4 Add the coconut milk, vegetable oil & vanilla & blend in thoroughly.
- 5 Mix the flour, baking powder & salt together
- 5 Add the flour mix to the egg mix & beat at medium speed for a minute or until well blended
- 6 Fill the muffin cups about 3/4 full
- 7 While the donuts are baking, mix the confectioner's sugar & cinnamon together.
- 8 Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean
- 9 Fill each donut with 1 T diet jelly using a pastry injector, or by cutting a small slit in the side of the donut & inserting the jelly with a baby spoon
- 10 Close the slit tightly, then roll in powdered sugar & cinnamon
- 11 Then sprinkle the tops with the cinnamon sugar mix

### NOTES

Makes 10 Sufganiyot

