Keto Glazed Donuts

**Servings: 6 Prep Time: 35 mins Cook Time: 12-15 mins**

1/2 + 1/8 cup (75g) Vital Wheat Gluten

1/3 cup (40g) Lupin Flour

1/4 cup (19g) Oat Fiber

4 tbsp (60g) Confectioners Swerve or sweetener of your choice

1 tsp Vanilla Extract

1/2 tsp Salt

1/4 tsp Xanthan Gum

1/4 tsp Nutmeg

1/2 cup (119g) Warm Non-Dairy Milk (120F-130F)

1/2 tbsp Instant or Quick Rise Yeast

1/2 tsp Honey (to activate the yeast)

1 tbsp (14g) Butter, softened

1 Egg, room temperature and lightly beaten

Coconut Oil for frying

Icing Ingredients:

4 tbsp Butter, melted

1/2 cup Confectioners Swerve (sweeten to your taste)

3-8 tbsp Non-Dairy Milk (depends on how thick you want the icing or glaze)

Special Equipment:

Kitchen Aid Stand Mixer

Begin with adding all your dry ingredients to a mixing bowl: vital wheat gluten, lupin flour, oat fiber, confectioners swerve, nutmeg, salt, and xanthan gum. Mix well and set the bowl aside.

In the bowl of your stand mixer add the hot water and yeast. Mix for 3o seconds using the paddle attachment before adding the softened butter and egg. Now mix again for another 30 seconds then add the dry ingredients to the wet. Blend until a dough forms, about 1-2 minutes. Switch to the dough hook and knead for 7 minutes.

When your dough is done, form it into a ball and place in a lightly oiled bowl then cover loosely with Saran Wrap. Let rise in a warm place for 2 hours or until it doubles in size.

Flour your surface with oat fiber and roll your risen dough out to about 1/2 inch thick. Using a donut or biscuit cutter, begin cutting out your donuts. Cut as many as you can then take the remaining dough and reform a ball and roll it out again to cut more donuts. Do this until no dough is left.

Place your donuts on a cookie sheet that is lined with parchment paper and let them rise for another 30 minutes. While your donuts are rising, make the glaze.

In a bowl mix the melted butter, confectioners swerve, and non-dairy milk. Add as much milk as needed for the type of glaze or icing you want. Set aside.

Heat the coconut oil in a medium to large size pot. The oil should be around 320F-330F so as not to cook the donuts too fast. Gently place the donuts in the oil and cook until nice and golden on each side. When they are ready, remove them from the oil and set on a cooling rack while you finish frying the rest of the donuts.

Once all the donuts are finished, dip them in your glaze or icing and place back on the rack to let it sit for a couple of minute before eating.

**Side Note:** If you want your icing to be more of a glaze, get it as thin as you like it then heat it up in the microwave for about 10-20 seconds until it becomes translucent.

**Nutritional Facts for 1 Glazed Donut:** 231.9 Calories, 1.5 Net Carbs, 18.0g Fat, 13.4g Protein.