

Elderberry Donuts or Muffins



Ingredients:

2 cups multi-grain flour

1 Tbsp. breakfast sprinkle

1 tsp. baking soda

1/2 tsp. Real salt

1/2 cup coconut oil

1/2 cup applesauce

1/2 cup honey

2 eggs

1 tablespoon vanilla

pulp left from elderberry syrup (or you could use 1 cup fresh elderberries if you have them)

Instructions:

Mix all the dry ingredients together in a large bowl. Blend the oil, applesauce, honey, eggs and vanilla in another bowl until creamy. Pour the creamy mixture into the dry ingredients and stir together until moistened. Add the elderberry pulp (or fresh elderberries) and stir in until combined. Fill the donut pan or muffin pan 2/3 full. Bake at 350 for 25 minutes or until toothpick comes out clean. Let the donuts sit in the pan for about 5 minutes and then turn over and shake them out.