

Plain Cake Donut

Yield: 12 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-plain-cake-recipe>

Ingredients:

- 1/3 cup coconut oil melted refined, or canola oil, plus more for brushing the trays
- 1 cup sugar vegan
- 3/4 cup brown rice flour or white
- 1/3 cup garbanzo and fava bean flour
- 1/2 cup potato starch
- 1/4 cup arrowroot
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon xanthan gum
- 1/2 teaspoon salt
- 1/8 teaspoon baking soda
- 6 tablespoons unsweetened applesauce
- 1/4 cup vanilla extract
- 1/2 cup hot water

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 35 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 5 grams
7. Sodium: 190 milligrams
8. Sugar: 19 grams

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