

# Loukoumades (Greek Donuts)

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-greek-donuts>

## Ingredients:

- 2 egg white
- 1 cup yogurt labna click on link for method or substitute with thick
- 3 cups flour all purpose, plain
- 1/2 teaspoon baking powder
- 1 teaspoon whisky or brandy, optional
- 1/4 cup honey
- 1/4 cup water
- ground cinnamon
- sesame seeds
- walnuts finely chopped
- oil for frying

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 94 grams
3. Cholesterol: 5 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 2 grams
8. Sodium: 120 milligrams
9. Sugar: 20 grams

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