

# 30 Minute Donut Holes

Yield: 36 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-donut-recipe>

## Ingredients:

- 1 cup flour all-purpose
- 1 cup whole wheat flour
- 3 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon kosher salt
- 1 cup milk
- 1 large eggs
- 1 teaspoon vanilla
- 1/4 cup unsalted butter melted
- 2 quarts vegetable oil for frying
- 2 cups powdered sugar
- 2 tablespoons milk
- 1 tablespoon maple syrup

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 10 milligrams
4. Fat: 50 grams
5. Fiber: 1 grams
6. Protein: 1 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 65 milligrams
9. Sugar: 8 grams
10. TransFat: 1.5 grams

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