

Baked Wholemeal Blueberry Donuts



Serves: 4-8



Cooking Time: 1 hour



Level: Easy



INGREDIENTS

2 egg whites
40g muscovado sugar
1 pinch salt
50g wholemeal flour
60g butter, melted
80g fresh blueberries
10g butter, melted
4-5 tablespoons sugar

PREPARATION

1. Pre-heat your oven to 175 degrees Celsius.
2. Whisk the egg whites together with the muscovado sugar and the pinch of salt until stiff and glossy.
3. Add the flour, melted butter and blueberries to the bowl containing the beaten egg whites and carefully
4. fold the flour, butter and berries into the egg white mixture being careful not to deflate it.
5. Fill a pastry bag with batter and carefully pipe into your donut mould. Smooth the top of each mould with the back of a wet spoon.
6. Bake in the oven for 15-20 minutes or until the tops of the donuts are golden-brown in colour and a toothpick inserted into the middle of the donuts comes out clean.
7. Let donuts cool in the mould for a couple of minutes and then carefully invert them onto a serving plate.