



Chicken Thyme Doughnuts

INGREDIENTS

Wet:

6 eggs
3 T coconut oil
1 T apple cider vinegar
1 T honey
1 garlic clove, diced
Juice of 1 lemon

Dry:

2 cups almond flour
2 T coconut flour
1/4 cup flax meal
1/2 t baking soda
1/2 t sumac
1/4 t salt
1/4 t black pepper

6 oz roasted chicken, chopped
(can leave out for vegetarian)
2 T fresh herbs...sage, thyme,
rosemary
1 scallion, diced

I have the perfect doughnut to satisfy your tastebuds all fall long! I love these Chicken Thyme Doughnuts because they are packed with protein, fiber, and yummy fats. They great as a meal or snack, and perfect for those days on-the-go. No need to stress about what to bring to those holiday parties. These are fast, easy to make, and sure to be in a hit. You can also be make them in a loaf pan or muffin tins.

Makes 10 donuts or muffins or a small loaf of bread.

Instructions

1. Preheat the oven to 350 degrees.
2. In a food processor, blend all of the wet ingredients for 20 seconds.
3. Add all of the dry ingredients and blend until smooth
4. Add in the chicken, fresh herbs and scallion and pulse for about 10 seconds.
5. Lightly grease the tins with coconut or avocado oil or spray.
6. Bake for about 15 minutes, rotating once. These will be a little soft and should be nicely browned on top.