

ONE BITE

VEGAN MAGAZINE

HOW TO MAKE
Vegan
Sushi

Superfood Infused
Coconut
and Cacao
Donuts

MUST TRY
Bliss Ball
- 4 WAYS!

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FUN-SIZED
FLAVOR-FILLED
PLANT BASED
RECIPES

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Tater Tots

Party Perfect Spinach Cheese
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Coconut and Cacao Donuts

By: Amy Lanza





**Raw Coconut and Cacao Donuts with
Coconut and Cacao Glaze**
Makes: 9

INGREDIENTS:

- Donuts:
- 100g dates (soaked in boiling water for 10 mins if they are dry, then drained)
- 100g coconut and cacao jam
- 100g cashew nuts
- 1 tbsp raw cacao powder
- 40g buckwheat groats
- 40g desiccated coconut
- Cacao Glaze:
- 100g coconut butter
- 1 tbsp coconut oil
- 2 tbsp raw cacao powder
- To Decorate:
- 1 tbsp each: cacao nibs, toasted coconut flakes, hemp hearts



INSTRUCTIONS:

1. Place the soft dates and the coconut jam in a food processor and blend until a smooth paste forms, scraping down the sides as needed.
2. Add the cashew nuts and cacao powder and pulse to break down the nuts and form an even mix, using a spatula to scrape down the sides.
3. Now add the buckwheat groats and coconut and pulse a few times to evenly distribute throughout the mix.
4. Roll the mix into 9 balls, placing them on a lined baking tray. Flatten each ball slightly with your hand and cut out a small hole in the center (this is the donut hole) either using a cut-out or I used a wine stopper!
5. Place the tray into the freezer and leave for 1 hour to allow the donuts to firm up.
6. To a bain-marie, add the coconut butter and coconut oil and stir over a medium heat until fully melted. Take off the heat and stir in the cacao powder, continuing to stir to a smooth paste.
7. Remove the donuts from the freezer and drizzle over the cacao glaze (you will have glaze left over, use this to pour over yoghurt, ice cream or spread on toast). While the glaze is still wet decorate with the cacao nibs, coconut flakes and hemp hearts, or use toppings of choice.
8. Leave to set in the fridge for at least 30 minutes before serving and store in an airtight container in the fridge for 1 week.

**ABOUT THE AUTHOR**

Amy Lanza is the passionate plant-based food blogger and motivational influencer behind the blog, Nourishing Amy. On her blog and across her social media, Amy shares everything from simple vegan recipes to nourish your soul and body, to inspirational messages. Eating and living the Nourishing Amy way is to be in tune with your body's natural rhythm, to listen to its cravings and to treat each meal as a special occasion – to nourish you from the inside out.

Read more about Amy here: nourishingamy.com/about-me/

