

PERFECT PORTION BAGEL & DONUT PAN

E P I C U R E

CHOCOLATE CAKE DONUTS



TOTAL TIME:
30 MIN



MAKES:
6 DONUTS



COST PER SERVING:
\$0.66 CA/ \$0.56 US

Oil, for brushing

½ cup **Easy Peasy Bagel, Pancake & Waffle Mix***
or all-purpose flour

2 tbsp cocoa powder

1 tsp baking powder

Pinch **Sea Salt**, finely ground

1 egg

¼ cup milk, your choice

¼ cup sugar

3 tbsp butter or coconut oil, melted and cooled

1 tsp vanilla extract

If using **Gluten Free Bagel, Pancake & Waffle Mix, omit baking powder and salt.*

1. Preheat oven to 400° F. Place **Perfect Portion Bagel & Donut Pan** on a **Sheet Pan**. Lightly brush with oil; set aside.
2. In a bowl, whisk mix or flour with cocoa. If using flour, whisk in baking powder and salt.
3. In a large bowl, whisk egg; whisk in milk, sugar, butter and vanilla. Add dry ingredients; stir just until combined.
4. Scrape batter into a piping bag; pipe into 6 wells. Bake until a toothpick inserted in centre comes out clean, about 15 min.
5. When cool to the touch, flip onto sheet pan and press to release doughnuts. Dust with icing sugar or cocoa, or top with your favourite icing.

NUTRITIONAL INFORMATION

Per Serving: Calories 150, Fat 7 g (Saturated 4 g, Trans 0 g), Cholesterol 55 mg, Sodium 120 mg, Carbohydrate 19 g (Fiber 1 g, Sugars 9 g), Protein 3 g.

EASY WHITE GLAZE:

Stir 3 tbsp maple syrup with 1 tbsp vanilla extract. Stir in 1 cup icing sugar to form a thick glaze. **Go green and add 1 tsp of Super Greens Smoothie Booster.**

CUSTOMIZE IT!

POWER UP

Replace 1 scoop flour or Easy Peasy Bagel, Pancake & Waffle Mix with 1 scoop Power Up Chocolate Protein Blend.

TRIPLE CHOCOLATE GLAZED

Replace cocoa with Cocoa Acai Smoothie Booster. Glaze with Chocolate Fudge Sauce; sprinkle with Cocoa Crunch Whole Food Topper.

SUPER GREENS

Replace cocoa with Super Greens Smoothie Booster.

TOPPERS

Fold 1–2 tbsp Cocoa Crunch or Tutti Fruity Whole Food Toppers into batter before baking.

SPICE IT!

Stir 1 tsp Cinnamon into the batter.

PERFECT PORTION BAGEL & DONUT PAN

E P I C U R E

BAKED BAGELS



TOTAL TIME:
45 MIN



MAKES:
6 BAGELS



COST PER SERVING:
\$1.58 CA | \$1.27 US

Oil, for brushing

1½ cups **Easy Peasy Bagel, Pancake & Waffle Mix*** or all-purpose flour

1 tsp baking powder

Pinch **Sea Salt**, finely ground

1 cup 2% Greek yogurt

1 egg, lightly beaten, *optional*

6 tsp **Everything Bagel Whole Food Topper**

If using **Gluten Free Bagel, Pancake & Waffle Mix, omit baking powder and salt.*

1. Preheat oven to 375° F. Place **Perfect Portion Bagel & Donut Pan** on **Sheet Pan**. Lightly brush bagel pan with oil, set aside.
2. Place mix or flour in a bowl. If using flour, whisk in baking powder and salt. Make a well in centre; add yogurt. Using a fork, mix until combined. Dough will be crumbly.
3. Knead dough in bowl a few times until it comes together in a ball. Dough should be tacky, but not sticky. Cover and let stand 10 min.
4. Turn onto floured counter; knead 2 to 3 times, flatten slightly. Add more flour as needed, if dough is sticky. Cut into 6 wedges. Roll into ropes, each about 7" long.
5. Lay ropes in pan; pinch ends to seal. Brush with egg; sprinkle with whole food topper.
6. Bake in oven until puffy and golden, 15–18 min. Cool; pop out.

NUTRITIONAL INFORMATION

Per Serving (1 bagel): Calories 160, Fat 1.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 5 mg, Sodium 320 mg, Carbohydrate 32 g (Fiber 3 g, Sugars 4 g), Protein 6 g

CUSTOMIZE IT!

GREEN POWER

Replace 1 scoop flour or Easy Peasy Bagel, Pancake & Waffle Mix with 1 scoop Super Greens Smoothie Booster.

EXTRAORDINARY BAGEL

Stir ½ tsp each 3 Onion, Lemon Dilly and CCB Dip Mix into flour mixture.

NACHO CHEESE BAGEL

Stir ⅓ cup shredded cheese and 1 tsp Nacho Cheese Dip Mix into flour mixture.