

Glazed blood orange doughnuts



I've reworked this classic so that the words 'doughnut' and 'low FODMAP' can exist in the same sentence.

Baking them instead of frying makes them slightly healthier, and covered in a sweet, seasonal blood orange pink glaze, they not only look beautiful but finish with a light citrus taste.



Ingredients

Makes 6 large or 12 mini doughnuts

- 100g white rice flour
- 4tbsp tapioca flour
- 70g brown sugar
- 1 tsp baking powder
- 1/4 tsp xanthan gum
- 1/4 tsp salt
- 60ml lactose- or dairy-free milk of choice
- 4 tbsp oil
- 2 eggs
- 2 tsp pure vanilla extract

For the blood orange glaze

- 200g icing sugar, sifted
- Zest of 1/2 a blood orange
- 3–4 tbsp fresh squeezed blood orange juice, depending on desired consistency
- Edible flowers to decorate

Method

Preheat the oven to 180°C (gas 4) and lightly grease a doughnut pan.

In a mixing bowl, whisk together the rice flour, tapioca flour, sugar, baking powder, xanthan gum and salt. Set aside.

In a separate mixing bowl, whisk together the milk, oil, eggs and vanilla extract. Pour this mixture into the dry ingredients, and stir to combine.

Spoon the batter into a piping bag or a large resealable sandwich bag with a hole cut in one of the corners. Pipe the batter evenly into the prepared doughnut pan.

Bake for 10 –12 minutes, or until the top of the doughnuts bounce back when gently pressed.

Leave the doughnuts to sit in the pan for 5 minutes, before popping them on a wire rack and leaving to cool.

To make the blood orange glaze, add the icing sugar, orange zest and 3 tablespoons of blood orange juice to a bowl and whisk together.

Adjust the icing thickness by adding additional orange juice, 1 teaspoon at a time. Dip the cooled doughnuts into the glaze and then decorate with the flowers.

Serve and enjoy!