



## 3-Ingredient Chocolate Donuts



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1/6th of recipe (1 donut): 142 calories, 2g total fat (1g sat. fat), 302mg sodium, 28g carbs, 2g fiber, 15g sugars, 3g protein

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**Prep:** 10 minutes    **Cook:** 15 minutes

**Cool:** 25 minutes



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### Ingredients

1 1/4 cups moist-style devil's food cake mix (a little less than half a box)  
1/2 cup canned pure pumpkin  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute

### Directions

Preheat oven to 400 degrees. Spray a 6-cavity standard donut pan ([like this Amazon find!](#)) with nonstick spray.

In a large bowl, combine all ingredients. Add 1/4 cup water, and mix until completely smooth and uniform. Evenly distribute into the rings of the donut pan, and smooth out the tops.

Bake until a toothpick inserted into a donut comes out mostly clean, about 12 minutes.

MAKES 6 SERVINGS

**HG Tip:** For perfectly shaped donuts, fill the donut cavities using a DIY piping bag. Just transfer the batter to a plastic bag, and squeeze it down toward a bottom corner. Snip off that corner with scissors, creating a small hole for piping.

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