



# Low FODMAP Vegan Banana and Dark Chocolate Doughnuts

Serves: 6

Prep: 40 minutes

Cook: 15 minutes



Stack Cup

Ingredients	Metric	Imperial
Buckwheat flour	100 g	3.5 oz
1 tsp baking powder	5 g	0.2 oz
2 tsp pea protein powder	10 g	0.4 oz
1½ tbsp chia seeds	18 g	0.6 oz
3 tbsp warm water	60 g	2.1 oz
2 tbsp brown sugar or stevia powder	40 g	1.4 oz
1 small banana	112 g	4 oz
1 tbsp cocoa powder	16 g	0.6 oz
1 tsp ground cinnamon	2 g	0.07 oz
70% dark chocolate chips, optional	40 g	1.4 oz
<b>Glaze optional:</b>		
1 tbsp icing sugar	16 g	0.6 oz
2 tsp cocoa powder	8 g	0.3 oz
½ tsp liquid (water, milk or lemon juice)	2.5 g	0.1 oz

## Method

1. Preheat oven to 180°C/356°F.
2. In a small bowl, combine ground chia seeds with water and set aside to soak for 10-15 minutes, or until they form a thick gel.
3. In a large mixing bowl, add all dry ingredients and stir to combine.
4. Using a fork, mash banana separately on a plate then stir through the chia seed mixture.
5. Combine banana and chia mixture with dry ingredients and stir until the mixture resembles thick pancake batter.
6. Spoon mixture into a well greased doughnut pan (if you don't have a doughnut pan, a muffin tin can be used instead).
7. Bake at 180 degrees for ~15 minutes.
8. Leave doughnuts to cool slightly before glazing or dusting with cinnamon-sugar (optional).
9. To make glaze combine all ingredients in a small bowl, then pour glaze on cooled doughnuts.

## Hints

- Gluten-free flour can be used as an alternative to buckwheat flour, just be sure to check the label for any high FODMAP ingredients (such as lupin flour).
- No chia seeds in the pantry? 1 egg can be used in place of the chia + water mixture

Nutrition Information (per serve)	
<b>Energy</b>	698 Kj / 167 cal
<b>Protein</b>	4.90g
<b>Carbohydrates</b>	25.50g
<b>Sugar</b>	10.30g
<b>Total Fat</b>	4.70g
<b>Saturated Fat</b>	1.50g
<b>Fibre</b>	3.50g