



Mix dry ingredients in a bowl.

2 cups pastry flour (soft white wheat)

½ cup sucanat

1 ½ tsp. baking powder

¼ tsp. baking soda

½ tsp. Real salt

2 tsp. pumpkin pie spice

In a separate bowl mix all the "wet" ingredients.

1 cup pumpkin puree

¼ cup milk

¼ cup oil

2 eggs

Gently mix the dry ingredients into the wet ingredients until combined. Fill donut pan(s) with batter. Bake at 325 for 15 minutes. Let cool 5 minutes and then turn pan over and shake the donuts out. Dip tops in cream cheese glaze. Makes 12 donuts.

### **Cream Cheese Glaze**

4 oz. cream cheese

1 cup maple syrup

Place in blender and blend until a smooth, creamy consistency.