

# Wheat-Free Sufganiyot

*Sufganiyot are Israeli Jelly Donuts and are traditionally fried in oil. These are baked in the oven for a lower-fat alternative.*

**BAKE: 375°F preheated oven for 12–15 minutes  
in medium size muffin pans**

**AMOUNT: makes 24 donuts**

*NOTE: You do not need to add the xanthum gum nor the vinegar if you are using a wheat, spelt or kamut flour. We use a combination of barley, rice, and oat flour in this recipe.*

1. In a separate bowl, mix together 2 cups of the flour, yeast, and xanthum gum and set aside.  
**2 cups flour**  
**1 tablespoon instant yeast (such as breadmaker yeast)**  
**2 teaspoons xanthum gum**
2. In a saucepan over medium heat, heat the milk and butter until the butter melts.  
**2 tablespoons organic unsalted butter**  
**1 cup organic skim milk**
3. Stir the Sucanat (sugar) and salt into the milk-butter mixture. Let cool to 120°F.  
**¼ cup Sucanat or Torbinado (raw sugar, lightly refined)**  
**1 teaspoon sea salt**
4. In a large mixer bowl, whisk the egg. Gradually whisk in the milk mixture.  
**1 large egg**
5. Add the flour mixture and vinegar to the liquid ingredients in the mixer bowl. Beat on medium speed for 2 minutes.  
**1 teaspoon apple cider vinegar**
6. Stir in the remaining flour to form a soft batter. Cover and let rise for 30 minutes or until doubled in volume.  
**1 ½ cups additional flour**
7. Grease 24 medium-size muffin pan cups. Flour your hands and turn the dough out onto a floured surface. Roll the dough lightly into a log. Cut off small pieces and lightly form the dough into balls, about 1 inch in diameter. Place 1 ball in each muffin cup. Spray 2 pieces of plastic wrap with oil. Place over the muffin pans and let the dough rise for 30 minutes.
8. Preheat oven to 375°. Remove plastic wrap from pans and bake for 12–15 minutes on the middle rack until the donuts are lightly browned. While the donuts are baking, prepare the syrup below. Turn the baked donuts out onto a cooling rack.
9. **SYRUP:** Combine the Sucanat (sugar) and water in a medium saucepan. Stir and heat over medium heat until the Sucanat has dissolved. Increase the heat and boil the syrup for 5 minutes to thicken it, stirring lightly. Turn heat to low and keep the syrup warm.  
**2 cups Sucanat or Torbinado**  
**¾ cups water**
10. Toss the warm donuts in the syrup. Remove the donuts with a slotted spoon and roll them in powdered sugar.  
**½ cup organic powdered sugar**
11. Fit a pastry bag with a pastry filling tip (available at most craft and cake decorating shops). Fill the bag with jam. Poke a hole in the side of each donut with a small knife and insert the pastry tip, squeeze the bag and fill each donut with jam. Serve as soon as possible. If you do not plan to serve them right away, wait to dip and roll them in sugar until almost ready to serve. May be frozen if left unsugared. To reheat donuts, cover with foil, in a 350°F oven for 15 minutes, then dip in sugar syrup and roll in sugar.  
**1 cup Raspberry Jam (approx.)**