

SMART CARBS



MORE
THAN 100
LOW-CARB
& KETO
RECIPES

MAKE CARBS WORK FOR YOU AND
UNLOCK THE KEY TO WEIGHT LOSS
AND GREAT HEALTH!

LUKE HINES

Purple doughnuts

MAKES 12

Ube powder is a purple starch made in the Philippines from the purple yam. Its vibrant colour isn't the only thing I love – the yam is known to improve blood-sugar regulation and has also been shown to have significant antibacterial and antifungal properties. I reckon that makes these doughnuts pretty special!

200 g (1 cup) ube powder
300 ml coconut milk
1 vanilla pod, split and seeds
scraped, or 1 teaspoon vanilla
powder
165 ml pure maple syrup
7 eggs, separated
125 ml (½ cup) melted coconut oil
or MCT oil, plus extra to grease
200 g (2 cups) almond meal
2 tablespoons gluten-free
baking powder
1 teaspoon sea salt
1 teaspoon cream of tartar
125 g (1 cup) Luke's Dark
Chocolate (see page 224),
melted
2 tablespoons roughly chopped
toasted hazelnuts, to serve

Topping

250 g (1 cup) vanilla coconut
yoghurt
250 ml (1 cup) melted Luke's Dark
Chocolate (see page 224)

Preheat the oven to 180°C. Line a baking tray with baking paper and grease a 12-hole doughnut tin or two 6-hole muffin tins with coconut oil.

In a food processor, combine the ube powder, coconut milk and vanilla and whiz together until really smooth. Add 125 ml (½ cup) of the maple syrup, the egg yolks and coconut oil and pulse a few times until incorporated, then add the almond meal, baking powder and salt and whiz again to form a lovely batter.

In a separate bowl, beat the egg whites and cream of tartar with an electric whisk until soft peaks form. Slowly pour in the remaining maple syrup, still beating, until stiff peaks form.

Gently fold the egg white mixture into the batter, then pour evenly into the prepared holes and bake for 20–25 minutes, or until golden brown and fluffy. Remove from the oven and leave to cool slightly, then transfer to a wire rack to cool completely.

Once your purple doughnuts have cooled, top with lashings of coconut yoghurt and drizzle over the melted chocolate to finish. These are sure to impress!

TIP

Ube powder is gradually becoming more widely available, and can be found in good Asian grocery stores and online health-food stores.

THE LOWDOWN

MCT oil is made up of medium-chain triglycerides, a special type of saturated fatty acid. It is believed to help boost your energy and improve cognitive function. MCT oil can be found at health-food stores or online.

