



## Frosted & Sprinkled Chocolate Donuts



1/6th of recipe (1 donut): 162 calories, 3.5g total fat (1g sat fat), 325mg sodium, 40g carbs, 1.5g fiber, 16g sugars, 3g protein

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

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

**Cool:** 25 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### 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
- 1/3 cup [Truvia spoonable calorie-free sweetener](#)
- 1 tsp. cornstarch
- 1 tbsp. light whipped butter or light buttery spread
- 1/4 tsp. vanilla extract
- 1 drop pink food coloring
- 1 tbsp. rainbow sprinkles

### Directions

Preheat oven to 400 degrees. Spray a 6-cavity standard donut pan with nonstick spray.

In a large bowl, mix cake mix, pumpkin, egg whites/substitute, and 1/4 cup water until completely smooth and uniform. Evenly distribute batter into the rings of the donut pan. Smooth out the tops. Bake until a toothpick inserted into the center of a donut comes out mostly clean, about 12 minutes.

Meanwhile, place a cooling rack over a baking sheet.

Let donuts cool completely, about 10 minutes in the pan and 15 minutes on the cooling rack.

To make the frosting, place sweetener in a wide microwave-safe bowl (a little larger than one of the donuts). Add cornstarch, and whisk until uniform. Place 2 tbsp. water in a small microwave-safe bowl. Add butter, vanilla extract, and food coloring. Microwave for 20 seconds, or until water is hot and butter has melted. Mix well, and add to the sweetener mixture. Vigorously whisk until completely smooth and uniform.

Microwave for 1 minute and 20 seconds, or until frosting is fully bubbling. Let cool slightly.

One at a time, dunk the tops of the donuts into the frosting, coating the top halves. Return to the cooling rack, immediately top with sprinkles, and allow to set.

MAKES 6 SERVINGS

**HG Tip:** For perfectly shaped donuts that are extra beautiful, 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. Ta-da!

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.

