

Low-Point Pumpkin Donut Holes

Ingredients:

- 2 1/2 cups flour
- 1/2 cup Splenda granulated sugar substitute
- 1 Tbs baking powder
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/8 tsp. allspice
- 1 cup canned pumpkin
- 1 egg
- 1/4 cup 1% milk
- 1/4 cup Land O Lakes Light butter with canola
- 2 tsp. vanilla
- 2 cups oil for frying

For Decorating:

- cinnamon sugar, to roll donuts in
- slivered almonds
- white icing
- green food coloring

In a large bowl, combine dry ingredients. In a separate bowl, combine wet ingredients. Make a well in the center of the dry ingredients and pour in the wet. Combine gently until soft dough is formed. Refrigerate for several hours. When ready to fry, roll the dough into little balls (feel free to coat hands often with flour since the dough can be quite sticky). Heat oil in a medium to large sauce pan. Drop balls into hot oil and fry, turning several times, for 3 to 4 minutes. Remove with slotted spoon and drop balls into cinnamon sugar mixture to coat. Set on wire rack to cool. Insert almond slivers in the top of the donut holes, creating the stem. Add green food coloring to white icing and holding the donut upside down, dip and swirl the tip of the almond sliver into icing. Plate and watch all the goblin and ghouls make them disappear! :)

Total servings - 47 donut holes

Serving size - 1

Points per serving - 2.6

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Eat, drink, and be scary." - Anonymous