

## Whole Grain Donuts by Lori Viets

### Ingredients :

- 1.5 pounds of bread dough
- Vegetable oil for deep frying
- Powdered Sugar, cinnamon sugar or glaze of choice

### Instructions :

Roll out dough to a 1/2" thickness on an oiled surface or parchment paper.

Use a doughnut cutter to cut out doughnuts and doughnut holes and place them on a parchment paper-lined baking sheet. If you don't have a doughnut cutter, you can simply use a mason jar ring and a small measuring cup, as in the photos below.

Cover with a towel and allow to rise for about 30 minutes or until doubled in size. Meanwhile, heat 2-3" of oil in a large saucepan or pot over medium-high heat. Test oil by carefully dropping in one doughnut hole. The oil should bubble up around it as the "hole" floats. Add a few additional doughnuts or holes to fry. Work quickly and turn each one over after it fries briefly, as they over-brown easily.

When doughnuts are golden brown on both sides, drain them briefly on layers of paper towels. Drop them into a plastic bag of sugar, shaking to coat or dip them in a bowl of glaze.

Place glazed doughnuts on cooling racks with a pan underneath to catch the drips. These are best when served warm, but they may be refreshed by just a few seconds in the microwave. Enjoy!

