

Sweet Potato Banana Donuts - The Cozy Baked Treat You'll Crave Year-Round

1 cup mashed sweet potatoes (cooked and cooled)



OVEN
350°F

TIME
16 min

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INGREDIENTS

- 1 cup mashed sweet potatoes (cooked and cooled)
- 1 ripe banana, mashed
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{4}$ cup vegetable oil
- 2 large eggs
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cups all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon salt

DIRECTIONS

- 1.** Preheat : Oven: Set to 350°F (175°C) and grease your donut pan.
- 2.** Mix : Wet Ingredients: In a large bowl, combine mashed sweet potatoes, banana, both sugars, oil, eggs, and vanilla. Stir until smooth.
- 3.** Combine : Dry Ingredients: In a separate bowl, whisk flour, baking powder, baking soda, cinnamon, nutmeg, and salt.
- 4.** Blend : Batter: Gradually stir dry ingredients into the wet until just combined. Do not overmix.
- 5.** Fill : Donut Pan: Spoon or pipe batter into each cavity, filling halfway.
- 6.** Bake for 15-16 minutes, or until a toothpick inserted comes out clean.
- 7.** Cool: Let rest in the pan 5 minutes before transferring to a wire rack.
- 8.** Finish: Dust with powdered sugar, drizzle with glaze, or top with cream cheese frosting for indulgence.

SWAPS & NOTES

Sweet Potato Prep : Roast or steam your sweet potatoes until soft, then mash.

Flour Options : Use white whole wheat flour for added fiber without sacrificing texture.

Spice It Up : Add ginger or cloves for even more autumn warmth.

Sugar Swap : Coconut sugar or maple syrup can be used for a refined sugar-free twist.

TIPS FOR SUCCESS

Use Ripe Bananas : The riper the better-more sweetness and better texture.

Don't Overmix : Gentle mixing keeps the donuts light and tender.

Use a Piping Bag : Makes filling the donut pan quick and mess-free.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sweet-potato-banana-donuts-the-cozy-baked-treat-youll-crave-year-round/>