

## Homemade Blueberry Glazed Donut Holes with Rooibos Infusion

Fluffy Blueberry Glazed Donut Holes: A Gourmet Twist on a Classic Treat



**OVEN**  
**350°F**

**TIME**  
**5 min**

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### INGREDIENTS

Whole Milk: 1/3 cup plus 1 tablespoon (warmed).

Active Dry Yeast: 1 1/8 tsp.

Granulated Sugar: 2 Tbsp.

Egg: 1 large, at room temperature.

Unsalted Butter: 1 Tbsp, room temperature, cut into small pieces.

Kosher Salt: 1/2 tsp.

All-Purpose Flour: 1 1/2 cups (spooned and leveled), plus extra for dusting.

Lemon Zest: 1/2 tsp.

Canola Oil: 2 quarts for frying.

Fresh Blueberries: 8 oz (approx. 2 cups).

Loose Rooibos Tea: 6 Tbsp (this provides the unique earthy base).

Water: 1/2 cup.

Confectioners' Sugar: 2 cups.

Swaps and Notes:

The Tea: If you don't have rooibos, you can substitute with hibiscus tea for a tarter flavor, or simply use water if you prefer a pure berry taste.

The Flour: Stick to all-purpose flour for that soft, tender bite. Bread flour will make them a bit too chewy for a donut hole.

Yeast Check: Always ensure your yeast is frothy after 5 minutes. If it doesn't bloom, your dough won't rise, and the donuts will be heavy.

#### Step-by-Step Instructions:

1. Activate the Yeast:
2. Mix the Dough:
3. Knead and First Rise:
4. Shape the Donut Holes:
5. Fry to Perfection:
6. Prepare the Glaze:
7. The Finishing Touch:

#### Tips for Success:

**Temperature Matters:** Use an instant-read thermometer for the oil. If the oil is too cold, the donuts will be greasy; if it's too hot, they will burn on the outside while remaining raw inside.

**Don't Overcrowd:** Frying too many at once drops the oil temperature significantly.

**The Mesh Strainer:** Ensure you use cheesecloth when straining the glaze to prevent any tea leaves from ending up in your smooth topping.

#### Serving Suggestions and Pairings:

#### Nutritional Information (Per Serving):

Calories: 145 kcal

Fat: 6g

Carbohydrates: 22g

Sugar: 14g

## DIRECTIONS

1. **Activate the Yeast:** Heat your milk in the microwave for about 30 seconds until it reaches 100°F-110°F. Stir in the yeast and granulated sugar. Let it sit for 4 to 6 minutes until it becomes frothy and bubbly.
2. **Mix the Dough:** Transfer the yeast mixture to a bowl and whisk in the egg, butter, and salt. Don't worry if the butter remains in tiny lumps. Stir in the flour and lemon zest until a sticky dough forms.
3. **Knead and First Rise:** Using an electric mixer with a dough hook, beat the dough on low speed for 5 minutes. Place the dough in a lightly oiled bowl, cover with a towel, and let it rise in a warm spot for 1 to 1.5 hours until doubled in size.
4. **Shape the Donut Holes:** Turn the dough onto a floured surface. Roll it into a long rope (about 18 inches long). Cut into 1-inch pieces and roll them into small balls. Place them on an oiled baking sheet, cover, and let them puff up for another 25-30 minutes.
5. **Fry to Perfection:** Heat the canola oil in a large saucepan to 350°F. Fry the donuts in small batches (3 or 4 at a time) for 1-2 minutes per side until golden brown. Use a slotted spoon to move them to a wire rack to cool.
6. **Prepare the Glaze:** In a small saucepan, combine blueberries, rooibos tea, and water. Mash the berries as they cook. Simmer for 8-10 minutes until syrupy. Strain the mixture through cheesecloth to remove the tea leaves and pulp. Whisk the resulting liquid with confectioners' sugar until smooth.
7. **The Finishing Touch:** Dip the tops of the cooled donut holes into the glaze and let them set for a few minutes before serving.

8. **Tips for Success: Temperature Matters:** Use an instant-read thermometer for the oil. If the oil is too cold, the donuts will be greasy; if it's too hot, they will burn on the outside while remaining raw inside.
9. **Don't : Overcrowd:** Frying too many at once drops the oil temperature significantly.
10. **The : Mesh Strainer:** Ensure you use cheesecloth when straining the glaze to prevent any tea leaves from ending up in your smooth topping.
11. **Serving Suggestions and Pairings:** These donut holes are best served warm! For a complete brunch spread, pair them with a chilled glass of this refreshing blueberry lemonade to double down on the berry flavor. If you're looking for more breakfast inspiration, they also go great alongside these chocolate chip oatmeal cookies.
12. **Nutritional Information (Per Serving):** Calories: 145 kcal
13. **Fat:** 6g
14. **Carbohydrates:** 22g
15. **Sugar:** 14g
16. **Protein:** 2g
17. **Storage and Leftover Tips:** Fried yeast donuts are best eaten the day they are made. However, if you have leftovers, store them in an airtight container at room temperature for up to 24 hours. To revive them, a quick 5-10 second zap in the microwave can help soften the dough again.
18. **More Recipes You Will Love:** Chocolate Chip Banana Bread
19. **Easy :** Cake Mix Cookies
20. **Ice :** Cream Sandwich Cake
21. **Final Thoughts:** I hope you enjoy making (and eating!) these Blueberry Glazed Donut Holes as much as I do. There is something so satisfying about the process of watching the dough rise and seeing that bright glaze come together.
22. **Did you try this recipe?** Let me know how it turned out in the comments below! Be sure to follow Chefmaniac for more kitchen adventures and share your creations with us on social media. Happy baking!

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

Original recipe: <https://chefmaniac.com/homemade-blueberry-glazed-donut-holes-with-rooibos-infusion/>