

## Quick & Fluffy Cinnamon Sugar Donut Holes with a Secret Creamy Center

The Ultimate Cinnamon Sugar Donut Poppers with White Chocolate Filling



**OVEN**  
**350°F**

**TIME**  
**40 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Dough:

All-Purpose Flour (1... cups): The sturdy base for our poppers.

Baking Powder (2 tsp): Our secret to that instant lift and fluffiness.

Salt (... tsp): To balance the sweetness.

Milk (... cup): Room temperature ensures a smooth batter.

Plain Yogurt (... cup): This provides moisture and a slight tang that makes the dough tender.

Granulated Sugar (... cup): For just the right amount of sweetness in the dough itself.

Butter (3 tbsp): Melted, for a rich, buttery crumb.

Vegetable Oil: For frying (ensure you have enough for about 2 inches of depth).

For the Coating & Filling:

Granulated Sugar ( 2/3 cup): For the classic sandy coating.

Ground Cinnamon (1%-2 tsp): Adjust based on how much "spice" you like.

Instant Vanilla Pudding Mix (1 box): The shortcut to a perfect filling.

White Chocolate (4 oz): Melted and stirred into the pudding for a gourmet touch.

### DIRECTIONS

1. Prepare the Coating: In a medium bowl, whisk together your 2/3 cup of sugar and the ground cinnamon. Set this aside near your frying station so it's ready the moment the donuts come out of the oil.
2. Mix the Dry Ingredients: In a small bowl, whisk the flour, baking powder, and salt. Ensuring these are well-combined prevents any "clumps" of baking powder in your finished donuts.
3. Combine the Wet Ingredients: In a separate, larger bowl, whisk together the milk, yogurt, granulated sugar, and melted butter until the mixture is completely smooth.
4. Create the Dough: Gently stir the dry ingredients into the wet mixture. Use a spatula and stop as soon as you see no more streaks of flour. Overmixing will lead to tough, rubbery donuts!
5. Heat the Oil: Fill a heavy-bottomed pot with about 2 inches of vegetable oil. Heat it to 350°F (175°C). Using a candy or meat thermometer is highly recommended here to ensure consistent results.
6. Fry the Poppers: Roll about 1/2 tablespoon of dough into gentle balls. Fry them in small batches (don't crowd the pan!) until they are golden brown on all sides. They usually take about 2-3 minutes total.
7. The Sugar Toss: Remove the poppers with a slotted spoon and drain them briefly on paper towels (for only about 10 seconds). While they are still hot and slightly oily, roll them aggressively in the cinnamon-sugar mixture.
8. Mix the Filling: Prepare the instant vanilla pudding according to the box instructions (usually using less

milk for a thicker consistency). Stir in the melted white chocolate until the mixture is silky and smooth.

9. Fill the Donuts: Fit a piping bag with a small Bismarck (filling) tip. Poke the tip into the side of each popper and squeeze gently until you feel the donut expand slightly.

## SWAPS & NOTES

The Yogurt: If you don't have plain yogurt, sour cream works perfectly as a 1:1 substitute.

It adds the same necessary fat and acidity.

The Filling: While white chocolate is my favorite, you can use chocolate or butterscotch pudding for a different profile.

Gluten-Free: I have had success using a high-quality 1:1 gluten-free flour blend, though the texture may be slightly denser.

## TIPS FOR SUCCESS

**Check Your Temp:** If the oil is too hot, the outside will burn before the inside is cooked.

If it's too cold, the dough will soak up the oil and become greasy.

**Small Batches are Key:** Adding too many dough balls at once drops the oil temperature significantly.

**Fill While Warm:** I find the dough is most pliable and easy to fill while still slightly warm, though the pudding should be cool.

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

Original recipe: <https://chefmaniac.com/quick-fluffy-cinnamon-sugar-donut-holes-with-a-secret-creamy-center/>