Callaway County

 

Employee Cookbook

The Callaway County Employee Wellness Program would like to thank the employees that participated in the healthy recipe challenge and submitted their recipes to this cookbook.

Breakfast Recipes

* Oatmeal Muffin
* Super French Toast
* Easy Breakfast Casserole
* Cantaloupe
* Cantaloupe Breakfast Bowl

Oatmeal Muffin
recipe submitted by Tammy Wise

DIRECTIONS:

* Break egg into cup and beat until scrambled
* Add oatmeal packet to cup and mix well
* Add in the tablespoon of liquid (milk, creamer, or water)
* Heat cup in microwave for 1 minute and 15 seconds
* Enjoy!

INGREDIENTS:

* 1 packet instant oatmeal (any flavor)
* 1 large egg
* 1 tablespoon milk, liquid coffee creamer, OR water
* You may also add in dried fruit or cinnamon, if you like

Super French Toast
recipe submitted by Sharon Lynch

INGREDIENTS:

* 2 eggs
* 6 ounces of vanilla Greek yogurt
* ¼ - ½ teaspoon cinnamon (to taste)
* 6 slices of bread (your choice)
* Fresh berries (your choice, if desired)

DIRECTIONS:

* Beat together eggs, yogurt, and cinnamon
* Heat a lightly oiled griddle or skillet over medium heat on stovetop
* Dip each slice of bread into egg mixture, soaking both sides of bread (mixture will be thick)
* Place the soaked slices of bread into the skillet. Cook break on both sides until golden brown
* Serve hot
* You may add additional Greek yogurt to the French toast before serving
* Add fresh fruit, if desired

Easy Breakfast Casserole
recipe submitted by Leah Laramore

DIRECTIONS:

* Preheat oven to 350 degrees
* Add frozen hash browns, ham, and shredded cheese to large bowl. Toss to combine
* Spray a 9 x 13-inch baking dish with non-stick cooking spray. Then add hash brown, ham, and cheese mixture to dish
* Whisk the eggs, milk, salt, and pepper in a large bowl
* Pour egg mixture over the hash brown mixture. Pat everything down with a wooden spoon
* Bake for one hour, uncovered. The center should be set and the edges should be golden brown

INGREDIENTS:

* 24 ounces frozen hash browns (about 8 cups)
* 1 pound cubed ham
* 8 ounces shredded cheddar cheese
* 12 large eggs
* 1 cup milk
* 1 teaspoon salt
* ½ teaspoon black pepper
* Non-stick cooking spray

Cantaloupe
recipe submitted by Sarah Gladman

DIRECTIONS:

* Go to the store and buy the smelliest cantaloupe you can find
* Bring it home and cut it in half
* Scrape all the seeds out
* Slice it and cut off rind
* Cube and serve ☺

INGREDIENTS:

* 1 cantaloupe

Cantaloupe Breakfast Bowl
recipe submitted by Leah Laramore

DIRECTIONS:

* Using a spoon, remove and discard seeds from cantaloupe. Use spoon to widen hole in the center, leaving a 1” border at the edges. Keep removed cantaloupe to the side for smoothie
* Combine almond milk, raspberries, half the banana, pineapple or mango, Greek yogurt, vanilla, and extra cantaloupe. Blend until smooth
* Pour smoothie into cantaloupe halves (“bowls”) and garnish with raspberries, granola, and remaining banana slices.
* Serve and enjoy!

INGREDIENTS:

* 1 cantaloupe, halved
* 1 ½ cup almond milk
* 1 cup frozen raspberries, plus fresh raspberries for garnish
* 1 banana, sliced into coins
* ½ cup frozen pineapple or mango
* ½ cup Greek yogurt
* 1 teaspoon vanilla extract
* ½ cup granola

Side Dish Recipes

* Baked Jicama Fries w/ Dip
* Buffalo Cauliflower
* Bang Bang Broccoli
* Cilantro, Black Bean & Corn Salsa
* Whole Wheat Cornbread
* Baked Green Bean Fries

Baked Jicama Fries & Vegan Cashew Ranch Dip
recipe submitted by Myra Winters

DIRECTIONS:

For Baked Jicama Fries:

* Preheat oven to 425 degrees. Peel jicama and cut into ¼ inch matchsticks. Bring water to boil in medium saucepan over medium heat. Add jicama and cook for 10 minutes, until jicama is less crunchy.
* Drain water using a colander. Transfer jicama slices to large bowl and toss with olive oil, paprika, garlic powder, onion powder, cayenne pepper, and salt.
* Place in a single layer on baking sheet. Bake for 30 – 45 minutes, or until crispy, turning halfway through baking.

For Vegan Cashew Ranch Dip:

* Place all ingredients in a high-speed blender, except for the parsley and dill.
* Process until smooth and creamy, pausing blender occasionally and scraping down the sides.
* Pour into a medium bowl and stir in parsley and dill.
* Keep refrigerated.

INGREDIENTS:

For Baked Jicama Fries:

* 1 medium jicama
* 1 tablespoon olive oil
* ½ teaspoon paprika
* ½ teaspoon garlic powder
* ½ teaspoon onion powder
* Pinch of cayenne pepper
* ½ teaspoon salt, or to taste

For Vegan Cashew Ranch Dip:

* 1 cup cashews, soaked for 1 hour
* ¾ cup water
* 2 tablespoons lemon juice
* ½ teaspoon onion powder
* ½ teaspoon garlic powder
* ½ teaspoon dried parsley
* ¼ teaspoon dried dill
* ¼ teaspoon dried chives
* ½ teaspoon salt, or to taste

Buffalo Cauliflower
recipes submitted by Leah Laramore

DIRECTIONS:

* Preheat oven to 450 degrees. Toss cauliflower with cornstarch and oil, then season with salt and pepper.
* Spread cauliflower in a single layer on baking sheet. Roast until golden, about 20 minutes.
* In small bowl, combine buffalo sauce, butter, and garlic powder together.
* When done baking, pour sauce mixture over cauliflower and toss to coat.
* Serve warm with blue cheese or ranch dressing for dipping and celery sticks.

INGREDIENTS:

* 1 head cauliflower, cut into florets
* 1 tablespoon cornstarch
* 2 tablespoons extra virgin olive oil
* Kosher salt, to taste
* Black pepper, to taste
* ¼ cup buffalo sauce (or hot sauce of your choice)
* 2 tablespoons melted butter
* 1 teaspoon garlic powder
* Blue cheese or ranch dressing, for serving
* Celery sticks, for serving

Bang Bang Broccoli

INGREDIENTS:

* 3 tablespoons extra virgin olive oil
* 2 tablespoons sweet chili sauce
* 1 tablespoon sriracha
* Juice from 1 lime
* 2 large broccoli heads, cut into florets
* Kosher salt
* Black pepper

DIRECTIONS:

* Preheat oven to 425 degrees
* In small bowl, whisk together olive oil, sweet chili sauce, sriracha, and lime juice
* On large baking sheet, toss broccoli in sauce until fully coated. Season generously with salt and pepper.
* Roast until slightly charred and tender, about 20 minutes.
* Serve warm.

Cilantro, Black Bean & Corn Salsa
recipe submitted by Stephanie Woods

DIRECTIONS:

* Stir yellow and white corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper, and garlic in large bowl.
* Gently mix in lime juice and avocado.
* Drizzle with olive oil and serve.

INGREDIENTS:

* 1 can (15 oz.) yellow corn, drained
* 1 can (15 oz.) white corn, drained
* 2 cans (15 oz. each) black beans, drained and rinsed
* 1 can (14.5 oz.) Italian style diced tomatoes, drained
* 1 bunch cilantro, finely chopped
* 5 green onions, finely sliced
* 1 small red onion, finely chopped
* 1 red bell pepper, seeded and chopped
* 1 tablespoon minced garlic
* ¼ cup lime juice
* 1 avocado, peeled, pitted, and diced
* 2 tablespoons olive oil, or to taste

Whole Wheat Cornbread
recipe submitted by Leah Laramore

DIRECTIONS:

* Preheat oven to 400 degrees.
* In medium mixing bowl, whisk together maple syrup, milk, olive oil, and egg whites.
* Add all dry ingredients to wet mixture and whisk together until combined. Don’t overmix.
* Spray 8 or 9 inch pie plate with non-stick cooking spray. Pour batter into pie plate.
* Bake for 20 – 25 minutes, or until golden brown and a knife inserted into the center comes out clean.

INGREDIENTS:

* ¼ cup maple syrup
* 1 cup skim milk
* ¼ cup olive oil
* 2 egg whites
* 1 ¼ cup whole wheat flour
* ¾ cup cornmeal
* 2 teaspoons baking powder
* ¼ teaspoon salt
* Non-stick cooking spray

Baked Green Bean Fries
recipe submitted by Leah Laramore

DIRECTIONS:

* Preheat oven to 425 degrees. Spray large baking sheet with non-stick cooking spray.
* Mix panko breadcrumbs, parmesan cheese, onion powder, cayenne pepper, and ½ teaspoon salt together in a wide, shallow bowl.
* Whisk eggs and milk together in a separate shallow bowl.
* Toss green beans in the flour. Working a few green beans at a time, shake off excess flour and dip in the egg mixture. Let excess egg drip off and then toss in the panko mixture, patting firmly so the crumbs adhere.
* Arrange green beans in a single layer on the baking sheet and spray them with cooking spray.
* Bake until golden brown and crisp, about 10 minutes.

INGREDIENTS:

* Non-stick cooking spray
* 1 ½ cups panko breadcrumbs
* ½ cup grated parmesan cheese
* ½ teaspoon onion powder
* ¼ teaspoon cayenne pepper
* Kosher salt
* 2 large eggs
* 1 tablespoon milk
* 8 ounces green beans, trimmed
* 1 cup all-purpose flour

Meal Recipes

* Refrigerated Veggie Pizza
* Beef & Vegetable Soup
* Chickpea Bolognese
* Bean & Zucchini Soup
* Baked Caesar Chicken
* Garlic Parmesan Crusted Salmon & Asparagus
* Flatbread Pizza
* Chicken & Broccoli Stir Fry
* Mexican Chicken
* Quinoa Tempeh Soup

Refrigerated Veggie Pizza
recipe submitted by Katy Flowers

DIRECTIONS:

* Preheat oven to 400 degrees.
* Open can of pizza crust dough, spread on baking sheet, and roll out your desired thickness of dough. Poke dough with fork to prevent bubbles.
* Bake dough for 12 minutes.
* Cool dough completely.
* Mix cream cheese, sour cream, and ranch dressing mixing in bowl. Once dough is cool, spread mixture on top.
* Sprinkle prepared veggies over cream cheese mixture, gently pressing them down.
* Ready to eat!
* Refrigerate leftovers.

INGREDIENTS:

* 1 can (13.8 oz.) pizza crust dough
* ¾ block of cream cheese, softened
* ½ cup sour cream
* 1 package powdered ranch dressing mix
* ½ cup diced radishes\*
* 1 cup diced broccoli\*
* ½ cup diced carrots\*
* ½ large cucumber, seeded and diced\*

\*adjust amounts as desired

Note from Katy:
Walmart sells pre-cut veggie mixtures that will make your prep easier!

Beef & Vegetable Soup
recipe submitted by Debbie Zerr

DIRECTIONS:

* Cook beef and onion in skillet over medium-high heat until browned and crumbly. Drain and return to skillet.
* Stir in all remaining ingredients, one at a time.
* Cover and bring to a boil.
* Uncover, reduce heat, and simmer for 15 minutes, or until thoroughly heated.

INGREDIENTS:

* 1 pound ground sirloin
* ½ cup red onion, chopped
* 2 cans (14 oz. each) fat-free beef broth
* 1 cup water
* 1 jar (26 oz.) pasta sauce
* 1 bag (16 oz.) frozen mixed vegetables
* ¼ teaspoon black pepper

Chickpea Bolognese
recipe submitted by Arron Kettle

DIRECTIONS:

* Preheat oven to 375 degrees.
* Add chickpeas to mixing bowl and toss with olive oil, oregano, salt, garlic powder, panko breadcrumbs, and parmesan cheese.
* Place chickpeas in a single layer on baking sheet. Bake for 20 – 25 minutes, or until crispy and light golden brown, then remove and set aside.
* Heat skillet over medium heat. Once hot, add olive oil, garlic, and carrots. Sauté for 3 minutes, stirring frequently.
* Remove skillet from heat, add tomato sauce, oregano, and parmesan cheese, and stir. Place back over heat and bring to a low simmer over medium-low heat. Once simmering, reduce heat to low and continue cooking to thicken, stirring occasionally.
* Sample sauce and adjust seasonings as needed. Add sweetener at this time, if desired.
* Boil large pot of water and add carrot noodles, boiling for 2 to 3 minutes. Drain and set aside.
* Add ¾ of baked chickpeas to sauce and stir.
* To serve, top carrot noodles with sauce, remaining chickpeas, and additional toppings, if desired.
* Refrigerate leftovers.

INGREDIENTS:

Chickpeas:

* 1 can (15 oz.) chickpeas, drained, rinsed, and dried
* 1 tablespoon olive oil
* 1 tablespoon oregano
* 1 pinch sea salt
* 2 teaspoons garlic powder
* 3 tablespoons gluten-free panko breadcrumbs
* 1 tablespoon vegan parmesan cheese

Sauce:

* 1 tablespoon olive oil
* 3 cloves garlic, minced
* ¼ cup carrots, finely diced
* 1 can (15 oz.) tomato sauce
* 1 tablespoon oregano
* 1 tablespoon vegan parmesan cheese, plus more to taste
* 1 – 2 tablespoons sweetener of choice (optional)

Noodles:

* 10 large carrots, ribboned with vegetable peeler OR sub 8 ounces of pasta of your choice

For Serving (optional):

* Red pepper flakes
* Vegan parmesan cheese
* Fresh basil

Bean & Zucchini Soup
recipe submitted by Linda Easley

DIRECTIONS:

* Soak beans in water overnight.
* Sauté bacon, green pepper, onion, and celery.
* Meanwhile, cook all remaining ingredients in large pot until beans and zucchini are tender.
* Add sautéed ingredients to pot and cook for 30 minutes.
* Enjoy!

INGREDIENTS:

* 10 ounces of beans, your choice
* ½ cup bacon, cut up
* 1 green pepper, diced
* 1 onion, diced
* 1 stalk celery, diced
* 1 quart tomatoes
* 5 medium zucchinis, diced
* 1 cup water
* 8 oz. tomato sauce
* ½ teaspoon salt
* ½ teaspoon season salt
* ½ teaspoon basil
* 1 teaspoon sugar
* ½ teaspoon black pepper
* 2 cans (6 oz. each) mushrooms
* 1 can (16 oz.) tomato soup

Baked Caesar Chicken
recipe submitted by Heidi Thacher

INGREDIENTS:

* 4 boneless/skinless chicken breasts
* 1 cup Caesar salad dressing
* ½ cup sour cream
* 1 ½ cup grated parmesan cheese
* Black pepper, to taste
* Non-stick cooking spray

DIRECTIONS:

* Preheat oven to 375 degrees.
* Spray the inside of 8 x 11 inch baking dish with non-stick cooking spray.
* Sprinkle chicken with parmesan cheese and black pepper. Place chicken in baking dish.
* In small bowl, whisk together Caesar dressing and sour cream. Pour this mixture over chicken. Then sprinkle chicken lightly with more parmesan cheese.
* Bake for 30 minutes, or until internal temperature of chicken is 160 degrees.
* Turn oven to broil. Broil the chicken for 3 minutes, watching closely to prevent burning.
* Take baking dish out of oven and cover loosely with aluminum foil. Allow chicken to rest for 10 minutes before serving.

Garlic Parmesan Crusted Salmon & Asparagus
recipe submitted by Debra Winter

INGREDIENTS:

* 1 ½ pounds salmon (3 – 4 fillets)
* 1 pound asparagus, trim ends
* ¼ teaspoon salt, or to taste
* ¼ teaspoon black pepper, or to taste
* 3 tablespoons olive oil
* 6 cloves of garlic, minced
* 1 cup shredded parmesan cheese
* ¼ cup fresh parsley, chopped

DIRECTIONS:

* Preheat oven to 400 degrees. Line baking sheet with oven-safe parchment paper.
* Pat dry salmon. Brush salmon all over with 2 tablespoons olive oil. Season with salt and pepper.
* Place salmon skin-side down on lined baking sheet.
* Coat asparagus with remaining olive oil. Season with salt and pepper.
* Place asparagus around the salmon on the baking sheet.
* Spread minced garlic on top of salmon and asparagus. Top with shredded parmesan cheese.
* Bake for 15 – 20 minutes.
* Remove from oven. Top with fresh parsley before serving.

Flatbread Pizza
recipe submitted by Kathie Ratliff

DIRECTIONS:

* Preheat oven to 375 degrees.
* Use 1 flatbread or flatout as your pizza base.
* Cover the pizza base with bacon, chicken, bell pepper, onion, and other toppings, as desired.
* Sprinkle cheese over toppings.
* Drizzle dressing or sauce over cheese, as desired.
* Bake for 10 minutes, or until cheese melts.

INGREDIENTS:

* ½ cup mozzarella cheese
* Real bacon bits, to taste
* 1 chicken breast, grilled and chopped
* ½ red bell pepper, raw or sautéed
* Diced onion, to taste
* Flatbread or flatouts

Optional toppings:

* Ranch dressing (regular or chipotle)
* BBQ sauce
* Avocado
* Banana peppers

Chicken & Broccoli Stir Fry
recipe submitted by Deborah Goldman

INGREDIENTS:

* 1 pound chicken breasts
* 1 package frozen broccoli florets
* 3 tablespoons oil
* 2/3 cup soy sauce
* 1 teaspoon minced garlic

DIRECTIONS:

* Cube chicken.
* Heat oil in skillet or wok. Add chicken and garlic to skillet and cook until lightly browned.
* Add broccoli to skillet. Pour soy sauce into skillet.
* Cover and cook for 5 – 8 minutes.
* Serve over cooked white rice.

Mexican Chicken
recipe submitted by Debbie Zerr

DIRECTIONS:

* Place all ingredients, except chicken, into a crockpot. Stir until mixed well.
* Add chicken to crockpot and coat well. Cover and cook on high for 3 to 4 hours, or on low for 7 to 8 hours, until chicken is fully cooked.
* Remove chicken from crockpot and place into large bowl. Shred the chicken using two forks.
* Return the shredded chicken to the crockpot and mix well with the sauce.
* Serve on low carb tortillas with toppings, as desired.

INGREDIENTS:

* 1 cup crushed tomatoes from can, undrained
* 1 small can diced green chilies, undrained
* 1 package dry taco seasoning mix
* ½ tablespoon garlic powder
* 4 boneless/skinless chicken breasts, thawed
* Salt and black pepper, to taste

Optional toppings for serving:

* Shredded lettuce
* Diced tomato
* Fat-free shredded cheddar cheese
* Sour cream or Greek yogurt

Quinoa Tempeh Soup
recipe submitted by Amber Gann

INGREDIENTS:

* 1 Vidalia onion, chopped
* 1 clove garlic, minced
* 1 celery stalk, chopped
* 1 jalapeno, chopped
* 2 carrots, chopped
* 3 ounces tempeh, chopped
* ½ cup quinoa
* 4 cups vegetable broth
* 2 tablespoons olive oil
* 1 cup coconut milk
* Salt and black pepper, to taste
* Cajun seasoning, to taste
* 1 tablespoon maple syrup
* 1 teaspoon garlic powder
* Hot sauce, to taste
* 1 tablespoon liquid steak seasoning\*
* ½ teaspoon liquid smoke

\*Amber recommends Dale’s Steak Seasoning

DIRECTIONS:

* In medium bowl, mix steak seasoning, hot sauce, syrup, garlic, and liquid smoke. Place chopped tempeh into mixture to marinade and set aside.
* Sauté vegetables in olive oil.
* Add broth and coconut milk to vegetables. Stir in quinoa. Add tempeh and seasonings.
* Bring to a boil, then reduce heat and simmer for 20 minutes.

Dessert Recipes

* Pumpkin Latte Dip
* Cookie Dough Bites
* Creamy Strawberry Pie Bowls
* Apple Nachos
* Chocolate & Peanut Butter Brownies
* Vegan Donuts

Pumpkin Latte Dip
recipe submitted by Sue Slaughter

DIRECTIONS:

* In small bowl, dissolve coffee granules in 2 teaspoons hot water.
* In medium bowl, add all remaining ingredients, except whipped topping. Add dissolved coffee and mix until smooth and uniform.
* Gently fold in whipped topping.
* Serve with graham crackers.

INGREDIENTS:

* 2 teaspoons instant coffee granules
* ¾ cup canned pumpkin
* ½ cup fat-free vanilla yogurt
* 1 packet sweetener
* 1 teaspoon vanilla extract
* ¾ teaspoon cinnamon
* ¼ teaspoon pumpkin pie spice, or more to taste
* Dash of salt
* ¾ cup lite whipped topping
* Graham crackers for serving

Cookie Dough Bites
recipe submitted by Leah Laramore

DIRECTIONS:

* Place rolled oats in a high-speed food processor and process on high for one minute, creating oat flour.
* Add dates, cashew butter, maple syrup, vanilla, and salt to the processor and process on high for 1 to 2 minutes, stopping to scrape sides, until dough is formed. (It should look and feel like cookie dough).
* Add in chocolate chips and pulse to combine.
* Using a tablespoon, scoop out dough and roll between your palms to form balls.
* Sprinkle with sea salt and enjoy!
* Refrigerate or freeze leftovers.

INGREDIENTS:

* 2 cups rolled oats
* 1 cup medjool dates, pitted (about 15 dates)
* 1 cup all-natural cashew butter
* ½ cup maple syrup
* 2 teaspoons vanilla extract
* 1/8 teaspoon coarse sea salt
* ½ cup mini chocolate chips

Creamy Strawberry Pie Bowls
recipe submitted by Debbie Zerr

DIRECTIONS

* In medium bowl, combine 1 cup boiling water with gelatin mix and sweetener. Stir for 2 minutes, or until gelatin is completely dissolved.
* Mix in vanilla and ½ cup cold water.
* Refrigerate for 45 minutes, or until slightly thickened.
* Stir in whipped cream and whisk until thoroughly blended.
* Fold in sliced strawberries.
* Divide into 4 bowls.
* Garnish with crushed graham crackers and top with additional whipped cream.

INGREDIENTS:

* 1 4-serving package sugar-free strawberry gelatin
* 1 packet no-calorie sweetener
* ¼ teaspoon vanilla extract
* 2 cups fat-free or sugar-free whipped cream
* 8 (+/-) strawberries, thinly sliced
* 8 low-fat honey graham crackers, lightly crushed

Apple Nachos
recipe submitted by Leah Laramore

DIRECTIONS

* On large plate, arrange apple slices on top of one another.
* Drizzle with half of the melted white chocolate and warmed caramel. Then top with pretzels and Health bars.
* Drizzle with remaining white chocolate and caramel.
* Serve immediately.

INGREDIENTS:

* 4 Granny Smith apples, cored and thinly sliced
* 1 cup white chocolate chips, melted\*
* ¾ cup caramel, warmed
* 1 cup pretzels, chopped
* 2 Heath candy bars, broken into pieces\*

\*You can easily customize this recipe. For example, you can use milk chocolate chips instead of white and Reese’s peanut butter cups instead of Health bars, if you like.

Chocolate & Peanut Butter Brownies
recipe submitted by Debbie Zerr

DIRECTIONS:

* Preheat oven to 400 degrees.
* Spray 9 x 13” baking dish with non-stick cooking spray.
* In large mixing bowl, combine cake mix with pumpkin. Stir until completely blended. Batter will be thick. Spread batter into baking dish.
* In small bowl, combine peanut butter with milk. Stir until thoroughly mixed.
* Drop small spoonfuls of the peanut butter mixture on top of batter and use butter knife to cut through PB mixture to make swirls on top of the batter.
* Bake for 20 – 25 minutes, or until a toothpick inserted into center comes out clean.
* Allow brownies to cool completely before cutting.

INGREDIENTS:

* 1 box sugar-free devil’s food or chocolate cake mix
* 1 can (15 oz.) pure pumpkin
* ¼ cup creamy, reduced-fat peanut butter, at room-temperature
* 1 tablespoon almond or skim milk

Vegan Donuts
recipe submitted by Leah Laramore

DIRECTIONS:

* Preheat oven to 350 degrees.
* Spray non-stick cooking spray onto donut pan.
* In large bowl, whisk together flour, baking powder, cinnamon, baking soda, and salt.
* In medium bowl, whisk together almond milk, sugar, butter, apple cider vinegar, and vanilla. Pour this mixture into dry ingredients and mix until just combined.
* Transfer batter into a piping bag and pipe into prepared donut pan.
* Bake 10 minutes, or until edges are golden and middles are set.
* Remove donuts from pan and let cool slightly.

For Cinnamon-Sugar Coating:

* In medium bowl, combine sugar, cinnamon, and pinch of salt.
* Gently toss donuts in cinnamon sugar while still warm.

For Glaze Coating:

* In medium bowl, whisk together milk, powdered sugar, and vanilla.
* Dip donuts into mixture, coating both sides. Allow glaze to set on donuts before serving.

INGREDIENTS:

For Donuts:

* 1 cup all-purpose flour
* 1 teaspoon baking powder
* 1 teaspoon cinnamon
* ½ teaspoon baking soda
* ½ teaspoon kosher salt
* 2/3 cup unsweetened almond milk
* ½ cup sugar
* ¼ cup vegan butter, melted
* 1 teaspoon apple cider vinegar
* 1 teaspoon vanilla extract

For Cinnamon-Sugar Coating:

* 1 cup sugar
* 4 teaspoons cinnamon
* Pinch of kosher salt

For Non-Dairy Glaze Coating:

* ¼ cup non-dairy milk of your choice
* 2 cups powdered sugar
* ½ teaspoon vanilla extract