Vegan buñuelos (doughnuts)



Consejo del chef

Once cooked, coat them with erythritol or sugar.

Raciones para 30

- ❏ 200g
  Strong flour
- ❏ 1
  Banana
- ❏ 30g
  sugar or erythritol (sweetener)
- ❏ 1
  Pinch of pink salt
- ❏ 15g
  Fresh yeast
- ❏ 70g
  Light olive oil
- ❏ Cinnamon powder
- ❏ 1
  Teaspoon of Vanilla extract
- ❏ 1
  Tablespoon of lemon and orange zest
- ❏ 1
  Teaspoon of green anise seeds

1. Blend or mash the banana until you get a puree.
2. In a bowl, mix the flour with the cinnamon, the anise (previously ground), the erythritol or sugar, and the salt.
3. Add the banana, vanilla, and lemon and orange zest.
4. Knead for a couple of minutes until you have a consistent texture.
5. Crumble in the fresh yeast.
6. When the dough becomes firm, add the oil little by little, and continue to knead it until everything is completely mixed.
7. Refrigerate the dough for 24 hours in a bowl covered with a cloth.
8. The next day, make balls of the same size from the dough and place them on a greased tray.
9. Let them ferment in a warm place for a couple of hours.
10. Fry them in a pan, or brush them with oil and bake them at 180C until golden brown (30 minutes approximately).

Chef's Notes

https://cookinglovers.teka.com/en/receta/bunuelos-de-viento-veganos/