

LIMONEIRA®

SINCE 1893

Guilt-Free Halloween Treats with Limoneira Citrus

*Take the stress out of meal prep with recipes from Limoneira Spokesperson
Megan Roosevelt*

(Santa Paula, CA) – October means Halloween is just around the corner – complete with an endless array of tempting treats. This month, Limoneira spokesperson Megan Roosevelt is taking the guilt out of Halloween snacking with a yummy (and easy) recipe for pumpkin orange donuts. She brings this and other recipes for great fall tips and treats to the Limoneira YouTube channel all month long.

For a helpful demonstration, you can watch Megan create the donuts below [here](#) on the Limoneira YouTube channel. Don't forget to subscribe – videos with more wonderful recipes, tips and tricks not detailed in this release will be added to the channel each Friday throughout the month.

Limoneira has also partnered with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts to share their knowledge with the customers of our grocery and food service partners around the world. Their biographies can be found on [Limoneira's website](#).

Pumpkin Orange Donuts – While “healthy” and “Halloween” might not seem to intuitively go together, these deliciously gluten and dairy free donuts are the thing to change that.

Dry Ingredients:

- Gluten free baking mix:
 - 1 cup brown rice flour
 - ½ cup almond flour
- ½ cup sugar
- 2 tbsp flax seeds
- 1 tsp baking powder
- 1 tsp pumpkin pie spice



Wet Ingredients:

- ¾ cup Limoneira navel orange juice
- 3 tbsp pumpkin puree
- ¼ cup coconut oil

Glaze ingredients:

- 1 cup powdered sugar
- 2 tbsp Limoneira orange juice
- ¼ tsp turmeric powder
- ¼ tsp pumpkin pie spice
- ½ cup dark chocolate chips

Directions: In a medium bowl, mix together all dry donut ingredients. In a small bowl, mix together the wet donut ingredients. The coconut oil may be slightly lumpy – which is perfectly fine. Add wet ingredients to bowl with dry ingredients and stir until well mixed. Let sit for three minutes as the flax seeds absorb water and thicken the batter. Pour, scoop or pipe the batter into a donut pan and bake and bake in a preheated oven at 350 F for 18–20 minutes. When finished baking, remove donuts from oven and let sit for 5 minutes. Flip the pan over onto a drying rack and let cool for an additional ten minutes.

While the donuts are cooling, add the glaze ingredients (sans chocolate chips) into a mixing bowl and whisk until smooth. For chocolate glaze, simply melt chocolate chips in a double boiler. Next, it's time to decorate! Dip the rounded side of each donut into the glaze, and place back onto the drying rack to let the glaze set. Glaze and add chocolate drizzle/orange zest to taste.

Each month, Megan will be featuring another wonderful facet of citrus living, with weekly videos full of recipes, DIY tips and other ways to use Limoneira citrus. Subscribe to [Limoneira's Youtube channel](#) for more information on the many ways this endlessly versatile fruit can improve life inside the home and beyond.

