

To die(t) for

By Ashleigh Noyes

Tribune Columnist

With the holidays approaching, I have made the risky decision to try and lose the last several pounds I need to get back to my “before baby” weight. I thought, well, better to try and lose it than to just pack more on, right?

So, in my attempt to enjoy the sweets and goodies that I cannot eat right now, I will just write about them and try and keep my drool from ruining my keyboard as I dream of these sweet treats. I will tell you one thing, this recipe will be one of the first ones I make on my “cheat” day! Do me one favor though, when you are sitting around your table diving into a plate of warm fluffy pumpkin doughnuts, have one for me.

Pumpkin Doughnuts

2 cups vegetable oil for frying
4 cups powdered sugar
4 teaspoons pumpkin pie spice
1 tablespoon canned pumpkin
4 tablespoons half-and-half
1 can refrigerated biscuits

In 2-quart saucepan, heat oil over medium heat.

In large bowl, beat powdered sugar, pumpkin pie spice, pumpkin and just enough half-and-half with whisk until smooth and thick glaze forms. Set aside.

Separate dough into 8 biscuits. Using small round lid or cookie cutter, cut hole in center of each biscuit.

Gently place 2 or 3 biscuits in hot oil. (Biscuit holes can also be fried!) Fry on one side until golden brown. With tongs, gently turn each biscuit over; fry until other side is golden brown. Remove doughnuts from oil; immediately dip into pumpkin glaze. Place doughnuts on cooling rack; cool 3 to 5 minutes or until glaze is set before serving.