



Ingredients:

Donut:

- 115g confetti cake mix
- 1 cup almond milk
- 126g egg whites
- 4 tbsp apple sauce
- 1 tsp vanilla
- 1 tsp baking powder
- 1 tsp salt
- 5 scoops strawberry protein powder

Icing:

- Use a scoop of protein powder and add almond milk until you get the desired thickness
- Add the milk slowly as a little goes a long way

Directions:

1. Preheat oven to 350
2. Mix all ingredients together in a large mixing bowl
3. Pour into donut mold
4. Place in oven and let bake for 15-20 minutes or until toothpick comes out clean after inserted
5. Let cool and add icing and any desired toppings

Nutrition:

for the whole batch

Calories: 1065

Fat: 9g

Carbs: 110g

Pro: 100g

***per donut for 16 donuts**

Calories: 66

Fat: 0.5g

Carb: 8g

Pro: 6.5g