

## PROTEIN donuts



### Ingredients:

#### Donut:

- $\frac{2}{3}$  cup coconut flour
- 2 scoops whey protein
- 1 cup almond milk
- 4 tbsp splenda
- 4 egg whites
- 2 eggs
- 4 tbsp apple sauce

- 1 tsp vanilla
- 4 tsp baking powder
- Pinch of salt

#### Directions:

1. Preheat oven to 325 degrees
2. Spray donut pan
3. Whisk egg and egg whites
4. Add almond milk, apple sauce, vanilla
5. In a separate bowl, mix dry ingredients then combine with wet
6. Spoon batter into donut pan
7. Bake for 30 minutes or toothpick is inserted clean

#### Icing:

- Use a scoop of protein powder and add almond milk
- Stir together and top donuts
- Add additional toppings of choice

Makes: 5 donuts  
\*without toppings\*

Cals: 200

Fat: 2g

Carb: 14g

Pro: 8g