

## Filled Protein Donuts



### Ingredients:

#### Donut:

- 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
- 2 tbsp canned pie filling

### 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 until half way
7. Put tbsp filling on top of batter
8. Put remaining batter on top
9. 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 or filling\*

Cals: 200

Fat: 2g

Carb: 14g

Pro: 8g