



Vanilla Cinnamon sugar donut holes

Donut Ingredients:

100g oat flour
2 scoops of vanilla collagen
100g vanilla Greek yogurt or plain 0% (thick)
40g brown sugar substitute
40g monk fruit sweetener
1 tsp baking powder
2 tbsp Cinnamon

glaze:

2 tbsp Swerve icing sugar
2 tbsp Swerve brown sugar substitute
with water

Directions:

Pre-heat the oven to 375 degrees F.
Mix all the donut ingredients in a bowl, and form a dough.
Next roll out 12 small donut holes and place them onto an oven sheet pan covered with parchment paper. Or insert them into small round moulds.

Bake for 12-15 minutes rotating halfway,
Let cool for 10 minutes, then roll the donut holes in some cinnamon sugar mix and lastly dip them in the icing sugar.

recipe makes 15 bites.
37 calories each
4c 0f 4p



Chocolate Glaze donut holes

Donut Ingredients:

100g oat flour
2 scoops of Chocolate Kino collagen
100g vanilla Greek yogurt or plain 0% (thick)
15g Cocoa powder
40g monk fruit sweetener
1 tsp baking powder
¼ tsp chocolate extract

glaze:

2 – 4 tbsp Swerve icing sugar
Mixed with water

Directions:

Pre-heat the oven to 375 degrees F.
Mix all the donut ingredients in a bowl, and form a dough.
Next roll out 8 small donut holes and place them onto an oven sheet pan covered with parchment paper.
Bake for 10-12 minutes rotating halfway,
Let cool for 10 minutes, then roll the donut holes in the icing sugar.

recipe makes 15 donut holes

38 calories each
5c 0.5f 4p



VANILLA CINNAMON SUGAR DONUTS

Ingredients: (donut)

2 scoops vanilla Kino collagen

110g almond flour

180g plain 0% Greek yogurt or vanilla

2 tbsp monk fruit

1 tsp baking powder

- Mix everything in a bowl
- pour batter into 5 donut Moulds
- bake at 350 degrees for 25 minutes
- let cool 20 - 25 minutes (see note)

Note: let cool for ten minutes inside the moulds on the counter. Then remove the donuts by carefully flipping upside down

Onto a wire rack or cutting board.

Continue cooling for another 10-15 minutes.

Once completely cooled, sprinkle the cinnamon sugar all around the donuts, then dip in the glaze.