



FROSTED COLLECTION

A colorful assortment of our beautifully frosted protein donuts.

5 Macro-Verified Recipes

ProteinDonuts | proteindonuts.co

WHAT'S INSIDE

1. Chocolate Frosted Protein Donuts	20g protein
2. Strawberry Frosted Protein Donuts	18g protein
3. Cookies and Cream Protein Donuts	20g protein
4. Pistachio Protein Donuts	19g protein
5. Matcha Protein Donuts	18g protein

Combined Shopping List
Pro Tips

Chocolate Frosted Protein Donuts

20g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

170
CALORIES

20g
PROTEIN

16g
CARBS

7g
FAT

INGREDIENTS

120g oat flour

60g chocolate whey protein powder

50g erythritol

1 tsp baking powder

1/2 tsp salt

2 large eggs

120ml unsweetened almond milk

60g plain Greek yogurt

1 tsp vanilla extract

INSTRUCTIONS

- 1 Preheat your oven to 180°C (350°F) and lightly grease a donut pan.
- 2 In a large bowl, whisk together the oat flour, protein powder, erythritol, baking powder, and salt.
- 3 In a separate bowl, whisk together the eggs, almond milk, Greek yogurt, and vanilla extract.
- 4 Pour the wet ingredients into the dry ingredients and mix until just combined. Do not overmix.
- 5 Pipe or spoon the batter into the prepared donut pan, filling each cavity about 2/3 full.
- 6 Bake for 10-12 minutes. Once cooled, dip the tops in a sugar-free chocolate frosting.

Strawberry Frosted Protein Donuts

18g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

160

CALORIES

18g

PROTEIN

17g

CARBS

6g

FAT

INGREDIENTS

120g oat flour

60g strawberry whey protein powder

50g erythritol

1 tsp baking powder

1/2 tsp salt

2 large eggs

120ml unsweetened almond milk

60g plain Greek yogurt

INSTRUCTIONS

- 1 Preheat your oven to 180°C (350°F) and lightly grease a donut pan.
- 2 In a large bowl, whisk together the oat flour, protein powder, erythritol, baking powder, and salt.
- 3 In a separate bowl, whisk together the eggs, almond milk, and Greek yogurt.
- 4 Pour the wet ingredients into the dry ingredients and mix until just combined. Do not overmix.
- 5 Pipe or spoon the batter into the prepared donut pan, filling each cavity about 2/3 full.
- 6 Bake for 10-12 minutes. Once cooled, dip the tops in a sugar-free strawberry frosting.

Cookies and Cream Protein Donuts

20g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

175

CALORIES

20g

PROTEIN

18g

CARBS

7g

FAT

INGREDIENTS

120g oat flour

60g cookies and cream whey
protein powder

50g erythritol

1 tsp baking powder

1/2 tsp salt

2 large eggs

120ml unsweetened almond milk

60g plain Greek yogurt

4 crushed sugar-free chocolate
sandwich cookies

INSTRUCTIONS

- 1 Preheat your oven to 180°C (350°F) and lightly grease a donut pan.
- 2 In a large bowl, whisk together the oat flour, protein powder, erythritol, baking powder, and salt.
- 3 In a separate bowl, whisk together the eggs, almond milk, and Greek yogurt.
- 4 Pour the wet ingredients into the dry and mix until just combined. Fold in the crushed cookies.
- 5 Pipe or spoon the batter into the prepared donut pan, filling each cavity about 2/3 full.
- 6 Bake for 10-12 minutes. Once cooled, top with a sugar-free glaze and more crushed cookies.

Pistachio Protein Donuts

19g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

170
CALORIES

19g
PROTEIN

15g
CARBS

8g
FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

50g erythritol

1 tsp baking powder

1/2 tsp salt

2 large eggs

120ml unsweetened almond milk

60g plain Greek yogurt

30g ground pistachios

INSTRUCTIONS

- 1 Preheat your oven to 180°C (350°F) and lightly grease a donut pan.
- 2 In a large bowl, whisk together the oat flour, protein powder, erythritol, baking powder, and salt.
- 3 In a separate bowl, whisk together the eggs, almond milk, and Greek yogurt.
- 4 Pour the wet ingredients into the dry and mix until just combined. Fold in the ground pistachios.
- 5 Pipe or spoon the batter into the prepared donut pan, filling each cavity about 2/3 full.
- 6 Bake for 10-12 minutes. Once cooled, top with a sugar-free glaze and chopped pistachios.

Matcha Protein Donuts

18g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

160

CALORIES

18g

PROTEIN

16g

CARBS

6g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

50g erythritol

1 tsp baking powder

1 tbsp matcha powder

1/2 tsp salt

2 large eggs

120ml unsweetened almond milk

60g plain Greek yogurt

INSTRUCTIONS

- 1 Preheat your oven to 180°C (350°F) and lightly grease a donut pan.
- 2 In a large bowl, whisk together the oat flour, protein powder, erythritol, baking powder, matcha powder, and salt.
- 3 In a separate bowl, whisk together the eggs, almond milk, and Greek yogurt.
- 4 Pour the wet ingredients into the dry ingredients and mix until just combined. Do not overmix.
- 5 Pipe or spoon the batter into the prepared donut pan, filling each cavity about 2/3 full.
- 6 Bake for 10-12 minutes, or until a toothpick inserted into the center comes out clean.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 120g oat flour
- ☐ 60g chocolate whey protein powder
- ☐ 1 tsp baking powder
- ☐ 60g strawberry whey protein powder
- ☐ 60g cookies and cream whey protein powder
- ☐ 60g vanilla whey protein powder
- ☐ 1 tbsp matcha powder

DAIRY & EGGS

- ☐ 2 large eggs
- ☐ 120ml unsweetened almond milk
- ☐ 60g plain Greek yogurt

SWEETENERS & FLAVORINGS

- ☐ 1 tsp vanilla extract
- ☐ 4 crushed sugar-free chocolate sandwich cookies

OTHER

- ☐ 50g erythritol
- ☐ 1/2 tsp salt
- ☐ 30g ground pistachios

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteindonuts.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified donuts recipes, interactive ingredient substitutions, and more free recipe packs.

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