



FROSTED COLLECTION

A colorful assortment of our beautifully frosted protein donuts.

5 Macro-Verified Recipes

ProteinDonuts | proteindonuts.co

WHAT'S INSIDE

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| 1. Chocolate Frosted Protein Donuts | 20g protein |
| 2. Strawberry Frosted Protein Donuts | 18g protein |
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| 5. Matcha Protein Donuts | 18g protein |
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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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