



HOLIDAY DONUTS

Get festive with our seasonal holiday protein donuts.

3 Macro-Verified Recipes

ProteinDonuts | proteindonuts.co

WHAT'S INSIDE

1. Pumpkin Spice Protein Donuts

18g protein

2. Gingerbread Protein Donuts

19g protein

3. Apple Cider Protein Donuts

17g protein

Combined Shopping List

Pro Tips

Pumpkin Spice 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 vanilla whey protein powder

50g erythritol

1 tsp baking powder

1 tsp pumpkin pie spice

1/2 tsp salt

2 large eggs

120g pumpkin puree

60ml unsweetened almond milk

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, pumpkin pie spice, and salt.

3 In a separate bowl, whisk together the eggs, pumpkin puree, and almond milk.

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.

Gingerbread Protein Donuts

19g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

165

CALORIES

19g

PROTEIN

16g

CARBS

7g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

50g erythritol

1 tsp baking powder

1 tsp ground ginger

1/2 tsp cinnamon

1/4 tsp nutmeg

1/2 tsp salt

2 large eggs

60g plain Greek yogurt

60ml unsweetened almond milk

1 tbsp molasses

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, spices, and salt.
- 3** In a separate bowl, whisk together the eggs, Greek yogurt, almond milk, and molasses.
- 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.

Apple Cider Protein Donuts

17g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

155

CALORIES

17g

PROTEIN

18g

CARBS

5g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

50g erythritol

1 tsp baking powder

1 tsp cinnamon

1/2 tsp salt

2 large eggs

120ml apple cider

60g unsweetened applesauce

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, cinnamon, and salt.

3 In a separate bowl, whisk together the eggs, apple cider, and applesauce.

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 vanilla whey protein powder
- 1 tsp baking powder

DAIRY & EGGS

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

PRODUCE

- 1 tsp pumpkin pie spice
- 120g pumpkin puree
- 120ml apple cider
- 60g unsweetened applesauce

OTHER

- 50g erythritol
- 1/2 tsp salt
- 1 tsp ground ginger
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tbsp molasses
- 1 tsp cinnamon

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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