



## AIR-FRYER PACK

Quick, easy, and delicious protein donuts made in your air fryer.

1 Macro-Verified Recipes

ProteinDonuts | [proteindonuts.co](http://proteindonuts.co)

## WHAT'S INSIDE

1. Air-Fryer Protein Donuts

15g protein

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# Air-Fryer Protein Donuts

15g

Prep: 10 min

Cook: 8 min

Total: 18 min

Yield: 8 donuts

Difficulty: Easy

**130**

CALORIES

**15g**

PROTEIN

**14g**

CARBS

**4g**

FAT

## INGREDIENTS

100g self-rising flour

50g vanilla whey protein powder

40g erythritol

1 large egg

80ml unsweetened almond milk

40g plain Greek yogurt

## INSTRUCTIONS

- 1 Preheat your air fryer to 175°C (350°F).
- 2 In a bowl, mix all the ingredients until a dough forms.
- 3 Roll out the dough and cut out donut shapes. Or, for an easier method, roll into balls and poke a hole in the middle.
- 4 Place the donuts in the air fryer basket in a single layer and cook for 6-8 minutes, flipping halfway through.
- 5 Let the donuts cool slightly before glazing or adding toppings.
- 6 Enjoy your warm, freshly made air-fryer protein donuts.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- 100g self-rising flour
- 50g vanilla whey protein powder

## DAIRY & EGGS

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- 1 large egg
- 80ml unsweetened almond milk
- 40g plain Greek yogurt

## OTHER

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- 40g erythritol

## 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](http://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.

[proteindonuts.co](http://proteindonuts.co)