



## STARTER PACK

5 essential protein donut recipes to get you started. Perfect for beginners!

1 Macro-Verified Recipes

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

## WHAT'S INSIDE

1. Cinnamon Sugar Protein Donuts

17g protein

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Combined Shopping List

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Pro Tips

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# Cinnamon Sugar Protein Donuts

17g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

**160**

CALORIES

**17g**

PROTEIN

**18g**

CARBS

**6g**

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 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, cinnamon, 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, brush with melted butter and dip in a cinnamon-erythritol mixture.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- 120g oat flour
- 60g vanilla whey protein powder
- 1 tsp baking powder

## DAIRY & EGGS

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

## SWEETENERS & FLAVORINGS

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- 1 tsp vanilla extract

## OTHER

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- 50g erythritol
- 1 tsp cinnamon
- 1/2 tsp salt

## 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](https://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)