



GLAZED CLASSICS

A collection of our most popular glazed protein donuts.

4 Macro-Verified Recipes

ProteinDonuts | proteindonuts.co

WHAT'S INSIDE

1. Classic Glazed Protein Donuts	18g protein
2. Chocolate Frosted Protein Donuts	20g protein
3. Strawberry Frosted Protein Donuts	18g protein
4. Vanilla Bean Protein Donuts	18g protein

Combined Shopping List

Pro Tips

Classic Glazed Protein Donuts

18g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

150

CALORIES

18g

PROTEIN

15g

CARBS

5g

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

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, or until a toothpick inserted into the center comes out clean.

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.

Vanilla Bean Protein Donuts

18g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

150

CALORIES

18g

PROTEIN

15g

CARBS

5g

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

1 tsp vanilla bean paste

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 bean paste.
- 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
- ☐ 60g chocolate whey protein powder
- ☐ 60g strawberry whey protein powder

DAIRY & EGGS

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

SWEETENERS & FLAVORINGS

- ☐ 1 tsp vanilla extract
- ☐ 1 tsp vanilla bean paste

OTHER

- ☐ 50g erythritol
- ☐ 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 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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