



STARTER PACK

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

1 Macro-Verified Recipes

ProteinDonuts | proteindonuts.co

WHAT'S INSIDE

1. Cinnamon Sugar Protein Donuts

17g protein

Combined Shopping List

Pro Tips

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

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

DAIRY & EGGS

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

SWEETENERS & FLAVORINGS

- ☐ 1 tsp vanilla extract

OTHER

- ☐ 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 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