



FILLED DONUTS

A delicious collection of our cream and jelly-filled protein donuts.

2 Macro-Verified Recipes

ProteinDonuts | proteindonuts.co

WHAT'S INSIDE

1. Boston Cream Protein Donuts

20g protein

2. Jelly-Filled Protein Donuts

18g protein

Combined Shopping List

Pro Tips

Boston Cream Protein Donuts

20g

Prep: 25 min

Cook: 12 min

Total: 37 min

Yield: 12 donuts

Difficulty: Hard

180

CALORIES

20g

PROTEIN

17g

CARBS

8g

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

Sugar-free vanilla pudding for filling

Sugar-free chocolate for glaze

INSTRUCTIONS

- 1 Preheat your oven to 180°C (350°F) and lightly grease a donut pan.
- 2 Follow the instructions for classic glazed donuts to make the donut batter and bake.
- 3 While the donuts are cooling, prepare the sugar-free vanilla pudding according to package directions.
- 4 Once the donuts are completely cool, use a piping bag to fill each donut with the vanilla pudding.
- 5 Melt the sugar-free chocolate and dip the top of each filled donut into the glaze.
- 6 Place the donuts in the refrigerator for at least 30 minutes to allow the glaze to set.

Jelly-Filled Protein Donuts

18g

Prep: 25 min

Cook: 12 min

Total: 37 min

Yield: 12 donuts

Difficulty: Hard

170
CALORIES

18g
PROTEIN

19g
CARBS

6g
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

Sugar-free strawberry jam for filling

INSTRUCTIONS

- 1 Preheat your oven to 180°C (350°F) and lightly grease a donut pan.
- 2 Follow the instructions for classic glazed donuts to make the donut batter and bake.
- 3 Warm the sugar-free strawberry jam slightly to make it easier to pipe.
- 4 Once the donuts are completely cool, use a piping bag to fill each donut with the strawberry jam.
- 5 Dust the filled donuts with powdered erythritol before serving.
- 6 Enjoy these delicious jelly-filled protein donuts immediately.

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

PRODUCE

- ☐ Sugar-free strawberry jam for filling

SWEETENERS & FLAVORINGS

- ☐ 1 tsp vanilla extract
- ☐ Sugar-free vanilla pudding for filling
- ☐ Sugar-free chocolate for glaze

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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