



BAKERY BOX

A variety pack of our best-selling bakery-style protein donuts.

5 Macro-Verified Recipes

ProteinDonuts | proteindonuts.co

WHAT'S INSIDE

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- | | |
|------------------------------------|-------------|
| 1. Cinnamon Sugar Protein Donuts | 17g protein |
| 2. Blueberry Protein Donuts | 16g protein |
| 3. Red Velvet Protein Donuts | 19g protein |
| 4. Lemon Poppy Seed Protein Donuts | 17g protein |
| 5. Maple Bacon Protein Donuts | 22g 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.

Blueberry Protein Donuts

16g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

140

CALORIES

16g

PROTEIN

17g

CARBS

4g

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

100g fresh blueberries

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 and mix until just combined. Gently fold in the blueberries.
- 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.

Red Velvet Protein Donuts

19g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Medium

165

CALORIES

19g

PROTEIN

16g

CARBS

7g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

50g erythritol

1 tbsp cocoa powder

1 tsp baking powder

1/2 tsp salt

2 large eggs

120ml unsweetened almond milk

60g plain Greek yogurt

1 tsp vanilla extract

1 tsp red food coloring

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, cocoa powder, baking powder, and salt.
- 3** In a separate bowl, whisk together the eggs, almond milk, Greek yogurt, vanilla extract, and red food coloring.
- 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.

Lemon Poppy Seed Protein Donuts

17g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

155

CALORIES

17g

PROTEIN

15g

CARBS

6g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

50g erythritol

1 tsp baking powder

1 tbsp poppy seeds

1/2 tsp salt

2 large eggs

120ml unsweetened almond milk

60g plain Greek yogurt

1 tsp vanilla extract

Zest of 1 lemon

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, poppy seeds, and salt.
- 3** In a separate bowl, whisk together the eggs, almond milk, Greek yogurt, vanilla extract, and lemon zest.
- 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.

Maple Bacon Protein Donuts

22g

Prep: 20 min

Cook: 15 min

Total: 35 min

Yield: 12 donuts

Difficulty: Medium

190

CALORIES

22g

PROTEIN

14g

CARBS

9g

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 maple extract

4 slices of cooked bacon, crumbled

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 maple extract.
- 4 Pour the wet ingredients into the dry and mix until just combined. Fold in the crumbled bacon.
- 5 Pipe or spoon the batter into the prepared donut pan, filling each cavity about 2/3 full.
- 6 Bake for 12-15 minutes. Once cooled, drizzle with sugar-free maple syrup and top with more crumbled bacon.

COMBINED SHOPPING LIST

DRY INGREDIENTS

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

DAIRY & EGGS

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

PRODUCE

- Zest of 1 lemon

SWEETENERS & FLAVORINGS

- 1 tsp vanilla extract
- 1 tsp maple extract

OTHER

- 50g erythritol
- 1 tsp cinnamon
- 1/2 tsp salt
- 100g fresh blueberries
- 1 tsp red food coloring
- 1 tbsp poppy seeds
- 4 slices of cooked bacon, crumbled

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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