



BAKERY BOX

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

5 Macro-Verified Recipes

ProteinDonuts | proteindonuts.co

WHAT'S INSIDE

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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