



## GLAZED CLASSICS

A collection of our most popular glazed protein donuts.

4 Macro-Verified Recipes

ProteinDonuts | [proteindonuts.co](http://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

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Combined Shopping List

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Pro Tips

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# 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

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

## DAIRY & EGGS

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

## SWEETENERS & FLAVORINGS

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- 1 tsp vanilla extract
- 1 tsp vanilla bean paste

## OTHER

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- 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](http://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](http://proteindonuts.co)