



# HOLIDAY DONUTS

Get festive with our seasonal holiday protein donuts.

3 Macro-Verified Recipes

ProteinDonuts | [proteindonuts.co](https://proteindonuts.co)

# WHAT'S INSIDE

1. Pumpkin Spice Protein Donuts	18g protein
2. Gingerbread Protein Donuts	19g protein
3. Apple Cider Protein Donuts	17g protein

Combined Shopping List

Pro Tips

# Pumpkin Spice 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 vanilla whey protein powder

50g erythritol

1 tsp baking powder

1 tsp pumpkin pie spice

1/2 tsp salt

2 large eggs

120g pumpkin puree

60ml unsweetened almond milk

## 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, pumpkin pie spice, and salt.
- 3 In a separate bowl, whisk together the eggs, pumpkin puree, and almond milk.
- 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.

# Gingerbread Protein Donuts

19g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

**165**

CALORIES

**19g**

PROTEIN

**16g**

CARBS

**7g**

FAT

## INGREDIENTS

120g oat flour

60g vanilla whey protein powder

50g erythritol

1 tsp baking powder

1 tsp ground ginger

1/2 tsp cinnamon

1/4 tsp nutmeg

1/2 tsp salt

2 large eggs

60g plain Greek yogurt

60ml unsweetened almond milk

1 tbsp molasses

## 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, spices, and salt.
- 3 In a separate bowl, whisk together the eggs, Greek yogurt, almond milk, and molasses.
- 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.

# Apple Cider Protein Donuts

17g

Prep: 15 min

Cook: 12 min

Total: 27 min

Yield: 12 donuts

Difficulty: Easy

**155**  
CALORIES

**17g**  
PROTEIN

**18g**  
CARBS

**5g**  
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 apple cider

60g unsweetened applesauce

## 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, apple cider, and applesauce.
- 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

## DAIRY & EGGS

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

## PRODUCE

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- ☐ 1 tsp pumpkin pie spice
- ☐ 120g pumpkin puree
- ☐ 120ml apple cider
- ☐ 60g unsweetened applesauce

## OTHER

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- ☐ 50g erythritol
- ☐ 1/2 tsp salt
- ☐ 1 tsp ground ginger
- ☐ 1/2 tsp cinnamon
- ☐ 1/4 tsp nutmeg
- ☐ 1 tbsp molasses
- ☐ 1 tsp cinnamon

## 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](https://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](https://proteindonuts.co)