



GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

4 Macro-Verified Recipes

ProteinDonuts | proteindonuts.co

WHAT'S INSIDE

-
- | | |
|---|-------------|
| 1. Gluten-Free Baked Protein Donuts | 12g protein |
| 2. Dairy-Free Chocolate Glazed Protein Donuts | 10g protein |
| 3. Gluten-Free Baked Protein Donuts | 12g protein |
| 4. Dairy-Free Chocolate Glazed Protein Donuts | 10g protein |
-

Combined Shopping List

Pro Tips

Gluten-Free Baked Protein Donuts

12g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 8 donuts

Difficulty: Easy

145

CALORIES

12g

PROTEIN

18g

CARBS

4g

FAT

INGREDIENTS

120g gluten-free all-purpose flour blend

45g vanilla whey protein powder

60g coconut sugar

1 tsp baking powder (gluten-free)

1/4 tsp salt

1 large egg

120ml unsweetened almond milk

30ml coconut oil, melted

1 tsp vanilla extract

For glaze: 60g powdered sugar + 1 tbsp almond milk

INSTRUCTIONS

- 1 Preheat oven to 175°C (350°F). Grease a donut pan with cooking spray.
- 2 In a bowl, whisk together the gluten-free flour, protein powder, coconut sugar, baking powder, and salt.
- 3 In another bowl, whisk the egg, almond milk, melted coconut oil, and vanilla.
- 4 Add wet ingredients to dry and mix until just combined. Pipe or spoon batter into donut pan, filling each cavity about 2/3 full.
- 5 Bake for 12-15 minutes until a toothpick comes out clean. Cool, then dip in glaze made by whisking powdered sugar and almond milk.

Dairy-Free Chocolate Glazed Protein Donuts

10g

Prep: 15 min

Cook: 15 min

Total: 30 min

Yield: 8 donuts

Difficulty: Easy

165

CALORIES

10g

PROTEIN

22g

CARBS

6g

FAT

INGREDIENTS

100g oat flour

45g chocolate plant-based protein powder

30g unsweetened cocoa powder

60g coconut sugar

1 tsp baking powder

1/4 tsp salt

1 flax egg (1 tbsp ground flaxseed +
3 tbsp water)

120ml oat milk

30ml coconut oil, melted

1 tsp vanilla extract

For glaze: 60g dairy-free chocolate chips + 1 tbsp coconut oil

INSTRUCTIONS

- 1 Mix ground flaxseed with water and let sit for 5 minutes.
- 2 Combine oat flour, protein powder, cocoa powder, coconut sugar, baking powder, and salt.
- 3 Whisk together the flax egg, oat milk, melted coconut oil, and vanilla.
- 4 Combine wet and dry ingredients. Fill greased donut pan 2/3 full. Bake at 175°C (350°F) for 12-15 minutes.
- 5 Melt chocolate chips with coconut oil. Dip cooled donuts in the glaze and let set on a wire rack.

Gluten-Free Baked Protein Donuts

12g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 8 donuts

Difficulty: Easy

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45g vanilla whey protein powder

60g coconut sugar

1 tsp baking powder (gluten-free)

1/4 tsp salt

1 large egg

120ml unsweetened almond milk

30ml coconut oil, melted

1 tsp vanilla extract

For glaze: 60g powdered sugar + 1 tbsp almond milk

INSTRUCTIONS

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- 3 In another bowl, whisk the egg, almond milk, melted coconut oil, and vanilla.
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Dairy-Free Chocolate Glazed Protein Donuts

10g

Prep: 15 min

Cook: 15 min

Total: 30 min

Yield: 8 donuts

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FAT

INGREDIENTS

100g oat flour

45g chocolate plant-based protein powder

30g unsweetened cocoa powder

60g coconut sugar

1 tsp baking powder

1/4 tsp salt

1 flax egg (1 tbsp ground flaxseed +
3 tbsp water)

120ml oat milk

30ml coconut oil, melted

1 tsp vanilla extract

For glaze: 60g dairy-free chocolate chips + 1 tbsp coconut oil

INSTRUCTIONS

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- 2 Combine oat flour, protein powder, cocoa powder, coconut sugar, baking powder, and salt.
- 3 Whisk together the flax egg, oat milk, melted coconut oil, and vanilla.
- 4 Combine wet and dry ingredients. Fill greased donut pan 2/3 full. Bake at 175°C (350°F) for 12-15 minutes.
- 5 Melt chocolate chips with coconut oil. Dip cooled donuts in the glaze and let set on a wire rack.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 120g gluten-free all-purpose flour blend
- 45g vanilla whey protein powder
- 1 tsp baking powder (gluten-free)
- For glaze: 60g powdered sugar + 1 tbsp almond milk
- 100g oat flour
- 45g chocolate plant-based protein powder
- 30g unsweetened cocoa powder
- 1 tsp baking powder
- 120ml oat milk

DAIRY & EGGS

- 1 large egg
- 120ml unsweetened almond milk
- 1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)

SWEETENERS & FLAVORINGS

- 60g coconut sugar
- 1 tsp vanilla extract
- For glaze: 60g dairy-free chocolate chips + 1 tbsp coconut oil

OTHER

- 1/4 tsp salt
- 30ml coconut oil, melted

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.

proteindonuts.co