



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

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# 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

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45g vanilla whey protein powder

60g coconut sugar

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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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## INGREDIENTS

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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.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 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

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

## SWEETENERS & FLAVORINGS

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

## OTHER

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- ☐ 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](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)