



AIR-FRYER PACK

Quick, easy, and delicious protein donuts made in your air fryer.

1 Macro-Verified Recipes

ProteinDonuts | proteindonuts.co

WHAT'S INSIDE

1. Air-Fryer Protein Donuts

15g protein

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Air-Fryer Protein Donuts

15g

Prep: 10 min

Cook: 8 min

Total: 18 min

Yield: 8 donuts

Difficulty: Easy

130

CALORIES

15g

PROTEIN

14g

CARBS

4g

FAT

INGREDIENTS

100g self-rising flour

50g vanilla whey protein powder

40g erythritol

1 large egg

80ml unsweetened almond milk

40g plain Greek yogurt

INSTRUCTIONS

- 1 Preheat your air fryer to 175°C (350°F).
- 2 In a bowl, mix all the ingredients until a dough forms.
- 3 Roll out the dough and cut out donut shapes. Or, for an easier method, roll into balls and poke a hole in the middle.
- 4 Place the donuts in the air fryer basket in a single layer and cook for 6-8 minutes, flipping halfway through.
- 5 Let the donuts cool slightly before glazing or adding toppings.
- 6 Enjoy your warm, freshly made air-fryer protein donuts.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 100g self-rising flour
- ☐ 50g vanilla whey protein powder

DAIRY & EGGS

- ☐ 1 large egg
- ☐ 80ml unsweetened almond milk
- ☐ 40g plain Greek yogurt

OTHER

- ☐ 40g erythritol

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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