



## Maple-Glazed Protein Donuts

### Ingredients: Donut

- 1/3 cup oat flour
- 1 scoop (25 g) vanilla whey protein powder
- 1/4 cup baking Stevia\*
- 2 tbsp ground flaxseed
- 1 tbsp coconut flour
- 1/2 tsp baking powder
- 1/4 cup + 1 tbsp unsweetened almond milk\*
- 1/4 cup egg whites
- 1/4 cup unsweetened applesauce
- 1/4 tsp butter extract (optional)
- 1/4 tsp maple extract



**Note:** In place of Stevia, you can substitute 1/4 cup sugar-free maple syrup and decrease the almond milk to 1/4 cup.

### Ingredients: Frosting

- 1/4 cup sugar-free maple syrup (I used Walden Farms brand)
- 1 scoop (25 g) vanilla whey protein powder
- 1/4 tsp unflavored gelatin (to thicken, optional)
- Sprinkles (optional)

### Directions

1. Preheat oven to 350 F.
2. Whisk together dry ingredients.
3. Mix in wet ingredients until thoroughly combined.
4. Lightly spray donut pan with cooking spray and distribute between 5 wells.
5. Bake for 10 minutes, then dump out of donut pan on to a plate to cool.

6. Meanwhile, mix up frosting and place in fridge to thicken.
7. When ready, glaze your donuts, add sprinkles, and enjoy!

**Nutrition Facts**

Serving size: 1 donut

Recipe yields 5 donuts

Calories 100

Total fat 3 g

Total carbs 9 g (2g fiber)

Sugar 2g

Protein 11 g