



# BODYBUILDING.com™

## Healthy S'mores Protein Donuts

### Ingredients:

Vanilla protein powder, 60 g (I used Lean Body for Her Whey Isolate)  
Pyure organic Stevia blend, 6 tbsp. (or Truvia baking blend)  
Spelt flour, 1/4 cup (or all-purpose flour, oat flour, gluten-free baking blend)  
Coconut flour, 2 tbsp. (or 1/4 cup all-purpose flour, oat flour, gluten-free baking blend)  
Baking powder, 1/2 tsp.  
Egg, 1  
Nonfat plain Greek yogurt, 1/4 cup (or dairy-free yogurt)  
Coconut oil, melted, 1 tbsp. (or butter, ghee)  
Cinnamon, 1/4 tsp. (optional)

### Glaze:

Chocolate protein powder, 40 g (I used Lean Body for Her Whey Isolate)  
Pyure organic Stevia blend, 2 tbsp. (or Stevia drops)  
Unsweetened cocoa powder, 1 tbsp.  
Water, 1/4 cup (may need more or less depending on protein used)  
VitaFiber syrup, 2 tbsp. (or sugar free chocolate syrup, other sticky syrup)

### Toppings:

Mini marshmallows, 1/4 cup  
Golden Grahams cereal (or crushed graham cracker), 1/4 cup

### Directions:

1. Preheat oven to 350 degrees F.
2. Whisk together dry ingredients until combined.
3. In a separate bowl, mix together wet ingredients until smooth.
4. Add wet ingredients to dry mix, and stir until no clumps remain to form a soft dough.
5. Spoon dough into a sealable baggie, seal the top, and cut off one corner to make a 1-inch opening. This is your piping bag.
6. Lightly coat the wells of a donut pan with cooking spray and pipe batter into wells. Alternatively, you can just pipe batter into a circle on a lightly greased baking sheet and pinch ends together.
7. Bake for 8 minutes, or until cooked through but still soft.

8. While donuts cool, combine glaze ingredients until smooth and thick. Add water 1 tbsp. at a time until a thick frosting consistency is reached.
9. Spread glaze over donuts, then top with mini marshmallows and Golden Grahams (or crushed graham cracker). Optional step: Place decorated donuts on a baking sheet and broil on high for 2 minutes, until marshmallows are light golden brown.
10. Enjoy! Store any leftovers in the fridge in an airtight container up to one week (freezing not recommended).