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Signature Birthday Cake Protein Donuts

Mmmmm...donuts. If a dozen of these popular deep-fried dough wheels can tempt you to stray from your macros, have no fear: Our birthday cake donuts are high-protein, gluten-free, and totally delicious. Made with almond and coconut flours and sweetened with a sugar substitute, you can indulge in these lower-carb, high-protein donuts without sabotaging your goals. Get that extra-large coffee cup ready for dunking, because this is one birthday treat you'll want to enjoy every day!

Prep Time: 15 min. Cook Time: 10 min.

Serving size: 1 donut

Recipe yields 6 donuts

Ingredients

- 2 scoops (about 60 g) Signature Birthday Cake Whey Protein
- 3 tbsp almond flour
- 3 tbsp coconut flour
- 3 tbsp Truvia (or other stevia-erythritol blend)
- 1/2 tsp baking powder
- 1/4 tsp salt (optional)
- 1/4 cup (about 2 large) egg whites
- 1/4 cup nonfat plain Greek yogurt
- 2 tbsp coconut oil, melted
- 3/4 tsp vanilla extract
- 1/4 tsp butter extract (optional)

Glaze:

- 1 scoop (about 30 g) Signature Birthday Cake Whey Protein
- 2 tbsp unsweetened almond milk
- 1 tbsp Truvia (or other stevia-erythritol blend)
- 2 tsp coconut oil, melted
- 1/4 tsp vanilla extract
- 1-1/2 tsp sprinkles (optional)

Special equipment:

- 1 regular donut pan

Directions:

1. Preheat oven to 325 degrees F.
2. Whisk together dry ingredients in a medium mixing bowl.
3. Add wet ingredients and stir until no clumps remain.
4. Spoon mixture into a sealable baggie, seal top, and cut a 3/4-inch hole in one corner.
5. Pipe batter into six wells of a lightly greased donut pan.
6. Bake donuts for 8-10 minutes, until just cooked through and slightly firm to the touch.
7. While donuts are cooking, whisk together protein powder and almond milk for the glaze. Add melted sweetener, coconut oil, vanilla extract, and sprinkles (optional) to glaze and whisk again.
8. Once donuts are cool, dip them in glaze and set them on a plate in the fridge to set. Enjoy!

Store leftovers in an airtight container in the fridge up to one week, or in the freezer up to one month.