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Blueberry Banana Protein Donuts

Courtesy of Isopure Protein

Ingredients:

- ½ cup (60g) all purpose flour
- 1 ½ scoops (45g) Isopure Banana Cream protein powder
- ¾ tsp. Baking powder
- Pinch of salt
- ½ tsp. Cinnamon
- 1 whole egg
- 2 tbsp. Light butter (or coconut oil/regular butter)
- 1 large (140g) ripe banana, mashed
- 2 tbsp. (30g) sugar free granular sweetener (I used Swerve)*
- ½ tsp. Vanilla extract
- ½ cup fresh blueberries

Optional PB Banana Sauce:

- 2 tbsp. Peanut butter (melted)
- ½ scoop (15g) Isopure Banana Cream protein powder
- 2 tbsp. Almond milk (or milk of choice)

Notes:

*Light butter is 4g of fat per tablespoon. It can be found near the butter. Alternatively, coconut oil or regular butter can be used.

** Any sweetener which measures 1:1 with sugar can be used. I used swerve, which is sugar free and has no glycemic impact. It can be found in the baking aisle.

Instructions:

1. Preheat oven to 350F. Spray a 6-spot donut pan with nonstick cooking spray.
2. Add flour, protein powder, baking powder, salt and cinnamon to a large bowl. Whisk until combined.
3. In a separate bowl, add egg, light butter, mashed banana, granular sweetener and vanilla extract. Whisk until smooth.

4. Add wet ingredients to dry and gently stir together until a smooth batter forms. Fold in blueberries.
5. Pour batter into a ziploc or piping bag. Cut the end off and pipe donut batter into each of the prepared spots in the donut pan.
6. Bake at 350F for 8 minutes. Be careful not to overbake or they will dry out easily.
7. Let completely cool and enjoy!

Yield: 6 donuts