Maple-Glazed Pumpkin Spice Protein Donuts

Ingredients
Unflavored protein powder 60 g
Granular erythritol 1/2 cup
Coconut flour 3 tbsp
Baking powder 1/2 tsp
Baking soda 1/4 tsp
Cinnamon, ground 1/2 tsp
Ginger, ground 1/4 tsp
Nutmeg, ground 1/4 tsp
Cloves, ground 1/8 tsp
Egg whites 2 large
Canned pure pumpkin 1/4 cup
Coconut oil (or vegetable oil, butter, ghee, vegan buttery spread) 1 tbsp
Salt (optional) 1/4 tsp

Glaze Ingredients
30g unflavored protein powder 30 g
2-3 tbsp. Confectioner's erythritol 2-3 tbsp to taste
Sugar-free maple syrup 2 tbsp
Unsweetened almond milk 1 tbsp
Maple extract, optional 1/2 tsp

Directions
1. Preheat the oven to 325 degrees F.
2. Whisk together the dry ingredients.
3. In a separate bowl, mix in the wet ingredients. The batter will be thick, almost like a dough.
4. Spoon the batter into a Ziploc bag, seal it, and cut off one corner to make a piping bag.
5. Coat six wells of a doughnut pan with cooking spray.
6. Pipe the batter into the wells using your "piping bag" (or an actual piping bag if you have one).
7. Bake the doughnuts for 8-12 minutes or until firm.

8. Meanwhile, combine the ingredients to make the glaze and put glaze in fridge.
9. Once donuts have cooled, spread with glaze and enjoy!
10. Store in the fridge for up to one week or in the freezer up to one month (without glaze).

Nutrition Facts
Serving size: 1 doughnut
Recipe yields 6 servings

Calories: 117
Fat: 4.1 g
Carbs: 10 g
Protein: 12 g