



## Protein Donuts

Courtesy of Proteinpow.com

### Ingredients

- 1 whole egg
- 1 egg white
- 1/4 cup cashews (or almonds or macadamia nuts)
- 1/8 cup coconut flour
- 1/4 cup Cinnamon Roll Myofusion
- 1/8 cup instant oats
- 1/8 cup almond milk (or rice milk or carton coconut milk)
- 1/2 bar (50 grams) dark chocolate (I used 85 %)



### Directions

1. Preheat oven to 340 degrees F (170C).
2. Blend eggs, cashews, flour, protein powder, oats, and almond milk.
3. Once blended, pour batter into donut tray.
4. Bake donuts for 20 minutes or until inserted knife comes out clean.
5. While donuts are cooling, melt chocolate. (It's best to do it in a glass bowl over boiling water.)
6. Once chocolate liquifies, pour it over donuts and then transfer the donuts to the fridge so the chocolate can set.
7. Eat them all. Don't share.

### Nutrition Facts

Per donut, recipe makes 5

Calories: 168

Fat: 10 g

Carbs: 7 g

Protein: 10 g

Fiber: 4 g