



Chocolate Protein Donut Holes

Description

Ingredients:

- Protein powder
- Cacao powder
- Coconut flour
- Applesauce
- Coconut sugar
- Nondairy milk
- Optional: chocolate chips
- Optional: powdered sugar

default watermark

Recipe:

- ¼ cup cacao powder
- ¼ cup protein powder
- ¼ cup coconut flour
- 1/3 cup applesauce
- ¼ cup coconut sugar
- 3 tablespoons nondairy milk
- Optional: ½ cup chocolate chips
- Glaze: powdered sugar + nondairy milk

Directions:

1. In a bowl mix the cacao powder, protein powder, and coconut flour. Add in the applesauce, coconut sugar, and nondairy milk. Stir until a dough forms.
2. If you're adding chocolate chips, fold them in now. Using a cookie scoop or spoon, scoop the dough, then roll into balls. Place on a plate. Repeat until all the dough is used.
3. Place in the freezer for 20 minutes. After the 20 minutes, combine the glaze ingredients and dip each donut hole into the glaze (skip this step if omitting the glaze).

Be sure to store these in an airtight container in either the refrigerator or freezer. They should last in the refrigerator for one week. They will last a lot longer in the freezer. Feel free to reach out with any questions!

Category

1. High Protein Recipes

Date Created

29/12/2024

Author

rauf

default watermark