GLOBAL · DESSERT · SNACK

High-Protein Chocolate Peanut Butter Donuts

30 min · Makes 8 × 1 donut · 124 kcal a portion · Video 4:15 · Felu - Fit by cooking

Vegetarian

Oat flour, cocoa, powdered peanut butter, skyr, egg whites and a whey-casein blend, sweetened with erythritol: about 13 g protein and 9 g net carbs a donut, with under 1 g of added sugar.

Diet notes: Low saturated fat (1.1 g, 8% of the energy); DASH-friendly (140 mg sodium a serve).

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Ingredients 18 · MAKES 8 × 1 DONUT

- [ ] 2 oz **rolled oats**, blended about 60 seconds to a fine flour
- [ ] ¾ oz **cocoa powder**, for the donuts
- [ ] 1 oz **powdered peanut butter** (PB2), for the donuts
- [ ] 1 oz **erythritol**
- [ ] ½ oz **vanilla whey protein powder**
- [ ] ½ oz **vanilla casein protein powder**, for the donuts
- [ ] ½ tsp **baking powder**
- [ ] ¼ tsp **baking soda**
- [ ] 1¾ oz **skyr** (or fat-free Greek yoghurt), for the donuts
- [ ] 1 **egg**
- [ ] 1¾ oz **egg whites**
- [ ] 3½ oz **skim milk**, for the donuts
- [ ] ½ oz **vanilla casein protein powder**, for the frosting
- [ ] 5 g **cocoa powder**, for the frosting
- [ ] 1 oz **powdered peanut butter** (PB2), for the frosting
- [ ] 1¾ oz **skyr or Greek yoghurt**, for the frosting (optional)
- [ ] 3½ oz **skim milk**, for the frosting
- [ ] chopped **walnuts**, to sprinkle (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Milk, Peanut, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. Blend rolled oats about 60 seconds into flour, then mix the oat flour, cocoa, powdered peanut butter, erythritol, whey, casein, baking powder and baking soda in a large bowl. 0:04
2. In a second bowl stir the skyr, egg, egg whites and skim milk, then add to the dry ingredients and whisk a few seconds until creamy (add a splash of water if it is too thick). 2:06
3. Spoon about 2 tbsp of batter into each well of a donut pan; it makes exactly 8 donuts 3 inches across. 2:36
4. Bake 12–15 minutes, then let them cool about 10 minutes before taking them out. 2:50
5. For the frosting, mix the casein, cocoa, powdered peanut butter, skyr and skim milk until smooth and spreadable. 2:56
6. Dip the cooled donuts into the frosting and scatter with chopped walnuts if you like. 3:34

> **Tip** Casein holds moisture so the donuts stay soft; all whey makes them drier. ¾ oz regular peanut butter can replace each 1 oz of powdered peanut butter.

The method is a summary in our words — the video shows every step.

One portion (1 donut) gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
124 kcal 520 kJ	13 g 26% of a day	12 g 8.9 g net · 2.6 g sugars 4% of a day

FIBRE	FAT	SODIUM
2.9 g 11% of a day	3.7 g 1.1 g saturated 5% of a day	140 mg 6% of a day

Energy from net carbs 29% · protein 43% · fat 28%

Source of (10–19%) Selenium 16% · Magnesium 15% · Vitamin B12 15% · Omega-3 12% · Zinc 11%

Recipe and video: Felu - Fit by cooking (@Felu) on YouTube — youtube.com/watch?v=K-76wTAtoCk, published 21 March 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/high-protein-chocolate-peanut-donuts