AMERICAN · DESSERT · SNACK

Keto Chocolate Donuts with Coconut Flour

35 min · plus 30 minutes setting Makes 8 × 1 donut 131 kcal a portion

Video 7:12 · All Day I Dream About Food

Vegetarian | Gluten-free ingredients | No nuts listed

Coconut flour, cocoa, eggs and butter with a little whey protein, sweetened with erythritol: about 3 g net carbs a donut, and no nuts.

Diet notes: Keto (2.8 g net carbs a serve).

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Ingredients 16 · MAKES 8 × 1 DONUT

- [ ] 40 g **coconut flour**
- [ ] 65 g granulated Swerve (erythritol) sweetener
- [ ] 3 tbsp **cocoa powder**, for the donuts
- [ ] 2 tbsp **unflavoured whey protein powder** (or egg white protein)
- [ ] 1½ tsp **baking powder**
- [ ] ¼ tsp **salt**
- [ ] 3 large **eggs**
- [ ] 55 g **butter**, melted
- [ ] 1 tsp **vanilla extract**, for the donuts
- [ ] 80 ml **cold brewed coffee** (or water), added a little at a time
- [ ] a little **butter**, for greasing the donut pan
- [ ] 50 g powdered Swerve (erythritol) sweetener, for the glaze
- [ ] 1 tbsp **Dutch-process cocoa powder**, for the glaze
- [ ] 2 tbsp **heavy cream**, for the glaze
- [ ] ½ tsp **vanilla extract**, for the glaze
- [ ] about 1½ tbsp **cold coffee** (or water), to thin the glaze

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

Allergens found in the listed ingredients: Egg, Milk. 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 165°C and grease a donut pan well. Whisk the coconut flour, sweetener, 3 tbsp cocoa, whey protein, baking powder and salt, breaking up any lumps. 0:25
2. Add the eggs, melted butter and vanilla and stir; the mixture will be very thick. 1:17
3. Work in the cold coffee a little at a time until the batter is thick but just pourable (how much depends on your coconut flour and cocoa). 2:16
4. Scoop or pipe the batter into the donut wells and spread it around the ring. It makes about 8, so bake in two batches if your pan holds 6. 3:05
5. Bake 16–20 minutes, until risen and just firm to the touch. Cool before glazing. 3:59
6. For the glaze, whisk the powdered sweetener with 1 tbsp cocoa, then the cream and vanilla, thinning with a little cold coffee until you can dip into it. 4:16
7. Dip the top of each cooled donut in the glaze, set on baking paper, add any decoration while tacky, and leave about 30 minutes to set (quicker in the fridge). 5:17

> **Tip** Coffee deepens the chocolate taste; water or almond milk work too. Avocado or coconut oil can replace the butter. Chopped nuts or sugar-free sprinkles make a good topping.

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	FIBRE	FAT	SODIUM
131 kcal	**5.5** g	**5.3** g	**2.5** g	**11** g	**190** mg
550 kJ	11% of a day	2.8 g net · 0.9 g sugars	9% of a day	6.2 g saturated	8% of a day
		2% of a day		13% of a day	

Energy from net carbs 8% · protein 17% · fat 75% — fits keto: 2.8 g net carbs, 75% of the energy from fat

Source of (10–19%) Selenium 13% · Vitamin A 11% · Vitamin B12 10%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=P6fuGuKSAJg, published 10 April 2024. 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/keto-chocolate-donuts-coconut-flour