



APPLE CHAI PROTEIN DONUTS

Low-Carb / Keto-Friendly / Gluten-Free / Dairy-Free

Recipe by Maria Fernanda López (purelyhealthyliving.net)
and featured on MariGoldFoods.com

“These just scream fall, fuzzy socks and a cozy latte! Who wants in?! These are also low-carb, gluten-free and dairy-free!”

- Maria Fernanda López

INGREDIENTS:

- 1/5 cup of coconut flour
- 1/3 cup of granulated monk fruit
- 2 scoops of MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 cup of melted ghee
- 1 + 1/4 cup of chai tea
- 2 eggs
- 1 (182g) chopped apple

DIRECTIONS:

1. Preheat the oven at 350F.
2. Mix all the dry ingredients in a bowl.
3. Heat 1 cup of water and steep and brew your tea.
4. Add the wet ingredients and mix well.
5. Pour the mix into 9 donut molds.
6. Top with chopped apples.
7. Bake for 25 minutes.
8. Let them cool down and top with extra granulated monk fruit, optional!



Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldFoods.com)

