



## COOKIES & CREAM PROTEIN DONUTS

Keto - Low Carb - Sugar Free

Recipe by Deedee (@ketowithdeedee) and featured on [MariGoldBars.com](https://MariGoldBars.com)

*"These are so delicious and the perfect protein packed way to start your day! I love adding in extra protein in the morning to keep me feeling full at work and give me some extra energy."*

- Deedee

### INGREDIENTS:

- 3/4 C almond flour
- 1/4 C MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 4 TBSP butter, softened
- 3 TBSP unsweetened cocoa powder
- 4 eggs
- 1/3 C powdered sweetener (i.e. allulose)
- 4 TBSP heavy cream
- 1 TSP baking powder
- 2 TSP vanilla extract

### Glaze/Frosting:

- 1/4 cup heavy cream
- 3/4 cup powdered sweetener (i.e. allulose)
- 1 tsp pure vanilla extract (optional)

### Topping:

- Chocolate sandwich cookies (@catalinacrunch)
- Sugar Free, Keto melted chocolate (i.e. ChocZero brand)

### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. In a bowl, blend the soft butter & sweetener. Then add the eggs and vanilla and mix until combined. Add remaining ingredients and blend until you have a smooth batter.
3. Add batter into a well-greased donut pan. I put mine in a pasty bag and squeezed into my donut mold to get nice smooth donuts.
4. Bake 13-15 minutes or until done. While donuts are baking, whisk together glaze/frosting ingredients in a bowl until smooth.
5. Once donuts are cool, drizzle with glaze and add topping listed above or topping of your choice!



Featuring MariGold  
Rich Chocolate Malt  
Whey Isolate Protein Powder  
([MariGoldBars.com](https://MariGoldBars.com))

