



## NO-BAKE HALLOWEEN PROTEIN DONUTS

High-Protein / Gluten-Free / Low-Carb

Recipe featured on [MariGoldFoods.com](http://MariGoldFoods.com)

### INGREDIENTS:

#### Donuts

- 1 cup almond flour
- 1 scoop MariGold Creamy Vanilla Whey Isolate Protein Powder (OR try our Pumpkin Spice flavor for a touch of Fall Flavor!)
- 1/4 cup peanut butter
- 1/4 cup maple syrup

#### Caramel

- 1/4 cup peanut butter
- 1/4 cup maple syrup

#### Topping

- 1/2 cups chocolate chips
- 1 teaspoon coconut oil
- Candy Eyes
- Other “spooky” decorations (optional)



Featuring MariGold  
Creamy Vanilla  
Whey Isolate Protein Powder  
([MariGoldFoods.com](http://MariGoldFoods.com))

### DIRECTIONS

1. Mix together the base ingredients until a thick batter forms. Press batter into a silicone donut pan.
2. Mix together caramel, then distribute on top of each donut.
3. Melt together chocolate & coconut oil & drizzle on top of each donut to cover.
4. Add candy eyes to decorate.
5. Freeze for 20-30 minutes.
6. Store in the fridge!

