



## VANILLA CHAI PROTEIN DONUTS

Low-Carb / Keto-Friendly / Gluten-Free

Recipe by Maria Fernanda López ([purelyhealthyliving.net](http://purelyhealthyliving.net))  
and featured on [MariGoldFoods.com](http://MariGoldFoods.com)

*"Anyone else loves a good chai latte? Or donuts? Well, these are a WINNER!"*

- Maria Fernanda López

### INGREDIENTS:

#### Donuts

- 1/2 cup of almond flour
- 4 scoops of MariGold Vanilla Collagen Latte Protein Coffee
- 1/3 cup of granulated monk fruit
- 1 tsp of baking soda
- 1/3 cup of egg whites
- 1/4 cup of caramel keto creamer (or coconut oil)
- 1/2 cup of unsweetened almond milk
- 3 chai tea bags

#### Icing

- 200g monk fruit sweetener, finely blended (I used @lakanto)
- 50 ml of unsweetened almond milk
- 2 MariGold Chocolate Pecan Crisp (or your favorite flavor) Fat Bombs, crumbled

### DIRECTIONS:

1. Mix all the dry ingredients for the donuts. Add the tea bags into the almond milk and let it steep for 5-10 minutes. Add the rest of the liquids and mix well.
2. Pour the batter into 9 silicone donut molds and bake for 24 minutes.
3. Mix the granulated monk fruit with almond milk from the icing.
4. Dip each cooled donut into the icing and add the crumbled fat bombs.



Featuring MariGold  
Vanilla Collagen Latte Protein Coffee  
& Chocolate Pecan Crisp Fat Bombs  
([MariGoldFoods.com](http://MariGoldFoods.com))

