

Chocolate Glazed Protein Doughnuts

BY STEPHANIE F.



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

Ingredients for doughnuts:

- 5 pitted medjool dates
- 1 tbsp. of water
- 2 eggs
- 1/4 cup of maple syrup ✓
- 1/4 cup and 2 tbsp. of almond flour ✓
- 1 tsp. of vanilla extract ✓
- 1/4 cup of coconut flour ✓
- 3 scoops of vanilla protein powder ✓
- 1/2 tsp. of baking soda
- 1/8 tsp. of pink Himalayan salt ✓
- 1/2 cup of sweet cacao nibs ✓

Ingredients for glaze:

- 1/3 cup of coconut oil ✓
- 4 tbsp. of raw organic agave ✓
- 1 1/2 tsp. of raw cacao powder ✓

DIRECTIONS:

1. Grease a mini doughnut pan with coconut oil.
2. Place dates and 1/2 tsp of water in small pot and heat for 1-2 minutes.
3. Add remainder of water to dates and mash to create a paste.
4. Combine date paste with the rest of the doughnut ingredients (except for cacao nibs) in food processor and mix until you get a smooth batter.
5. Stir in cacao nibs.
6. Spoon batter into doughnut pan (only fill about 3/4 of each hole).
7. Bake for 8-10 minutes until a toothpick comes out clean.
8. While doughnuts bake, prepare chocolate glaze by whisking together all ingredients.
9. When doughnuts finish baking, remove from oven and let cool for 10 min.
10. Once cool, dip each doughnut into glaze and enjoy!