
CRUSH IT! Café: Chocolate Cake Donut

On your way home from work you walk past the bakery that always has fresh donut staring at you with their one eye, waiting for you to walk in and buy it—and its 11 friends. The only thing stopping you is knowing that the average donut contains over 350 calories and comes filled with saturated fat and refined sugar. Still, the temptation is real and donuts are delicious.

We feel your pain and share the struggle; so to do us all a favor we've created a chocolate cake donut recipe using our Rich Chocolate Core MRP. Iced with a Vanilla Cream Core PRO glaze, this low calorie donut is packed with plenty of nutrients and flavor!

Recipe:

Dry Ingredients:

2 Scoops Rich Chocolate MRP

14g Coconut Flour

1 cup zero calorie sweetener

1tsp baking powder

1tsp baking soda

½ cup cocoa

½tsp salt

Wet Ingredients:

1 cup canned pumpkin

14g ground flaxseed

100g egg substitute

1 teaspoon Vanilla

¼ cup (1%) milk

¼ cup water

Icing Option #1: Vanilla Cream PRO Icing:

1 scoop Vanilla Cream Core PRO

2tbsp zero-calorie sweetener

~6tbsp water

Icing Option #2: Chocolate Delight PRO Icing:

1 scoop Chocolate Delight Core PRO

2tbsp zero-calorie sweetener

~6tbsp water



Core Nutritionals, LLC
820 N. Pollard St., RTL#3
Arlington, VA 22203
1-888-978-2332

Directions:

Preheat oven to 350° Fahrenheit. Combine ground flaxseed with 1tbsp water and set aside to moisten. Combine dry ingredients. Combine wet ingredients, adding in the moistened flaxseed and mixing well. Combine dry and wet ingredients together and mix well. Spoon donut batter evenly among wells in a doughnut pan (will make roughly eight donuts). Bake for 10-12 minutes and let cool for 10 minutes before glazing, then enjoy!

Macros:

Serving Size: 1 Slice

Servings: 8

53 calories

1g Fat

5g Carbohydrate

6g Protein



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info@corenutritionals.com
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