
CRUSH IT! Café: “Eatin’ Clean” Banana Cream Donuts

You’ll rarely see a banana-flavored doughnut at your favorite doughnut shop; rarer still a low calorie one. We decided to knock out two birds with one stone by creating a delicious Banana Cream MRP donut.

Top it with Chocolate Delight PRO glaze for additional protein and flavor, and you’ve got yourself delicious donuts that won’t blow your diet.

Recipe:

Dry Ingredients:

2 scoops Banana Cream MRP

1tbsp wheat germ

14g coconut flour

14g flaxseed

1/4 cup zero calorie sweetener

1tsp baking powder

½tsp baking soda

½tsp cinnamon

½tsp salt

Wet Ingredients:

2oz water

10g softened coconut oil

Chocolate Delight PRO Glaze:

½ scoop (16g) Chocolate Delight Core PRO

~3tbsp water

Directions:

Preheat oven to 350° Fahrenheit. Place ground flaxseed into a small bowl and mix with 1tbsp of water and set to the side. Purée or mash bananas well with a fork. Combine wet ingredients with the moistened flaxseed and bananas. Combine all dry and wet ingredients together and mix well. Spoon batter evenly among wells in a doughnut pan (will fill approximately eight wells). Bake for 10-12 minutes. Remove and let cool briefly before glazing. Enjoy!

Macros:

Serving Size: 1 Doughnut

Servings: 8

85 calories

1g Fat

12g Carbohydrate

6g Protein