

---

## CRUSH IT! Café: Pumpkin Protein Doughnuts

By now you can probably tell we at Core really like pumpkin. After making recipes for pumpkin bread, pumpkin muffins, and even pumpkin fudge, it only makes sense to push our pumpkin passion even further with a healthy version of pumpkin doughnuts!

Very high in fat, the typical pumpkin doughnuts are as fatal to a bodybuilder's diet as they are delicious. Since life without pumpkin doughnuts isn't really living, we've created a low fat, low carb, protein-packed alternative that are as easy to make as they are to eat!

### **Recipe:**

#### **Dry Ingredients:**

1.5 scoops Cinnamon Roll Core PRO

1tbsp wheat germ

20g coconut flour

½ cup zero calorie sweetener

1tsp cinnamon

1tsp pumpkin pie spice

1tsp baking powder

½ tsp baking soda

¼ tsp nutmeg

¼ tsp salt



---

**Wet Ingredients:**

½ cup (120g) canned pumpkin

8g coconut oil

20g flaxseed “egg”

50g egg beater

¼ cup (2oz) 1% milk

1tsp vanilla extract

**Glaze:**

½ scoop Cinnamon Roll or Vanilla Cream Core PRO

1tbsp zero-calorie sweetener

3tbsp water

**Directions:**

Preheat oven to 350° Fahrenheit. Mix ground flaxseed with 1tbsp of water and set aside in small bowl. Soften coconut oil in microwave for approximately 10-15 seconds then combine with the rest of the wet ingredients. Combine dry and wet ingredients together. Lastly, add in the moistened flaxseed and stir once more until just mixed.

Spoon batter evenly among wells in a doughnut pan (will make approximately eight doughnuts). Bake for 10-12 minutes and let cool for 10 minutes before glazing.





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

---

**Macros:**

Serving Size: 1 Donut

Servings: 8

72 calories

3g Fat

5g Carbohydrate

7g Protein



CORE NUTRITIONALS  
1-888-978-2332

820 N. Pollard St., RTL#3  
Arlington, VA 22203

info@corenutritionals.com  
www.corenutritionals.com