



Long Livo

High Protein Blueberry Cake Donuts

15 min

Prep time

8

Servings

12 min

Cook time

Easy

Difficulty

27 min

Total time

American

Cuisine

Ingredients

Dry Ingredients

- ☐ 1 ½ cups whole wheat flour
- ☐ ½ cup vanilla whey protein powder
- ☐ 2 tsp baking powder
- ☐ ¼ tsp salt

Wet Ingredients

- ☐ ¾ cup plain Greek yogurt
- ☐ ¼ cup honey

- ☐ 2 large eggs
- ☐ ¼ cup unsweetened almond milk
- ☐ 1 tsp vanilla extract
- ☐ Zest of 1 lemon

Add-ins

- ☐ 1 cup fresh blueberries (tossed in 1 tbsp flour)
- ☐ Optional: powdered sugar for dusting

Instructions

- 1 Preheat the oven to 350°F (175°C) and lightly grease a silicone donut pan.
- 2 In a bowl, whisk together flour, protein powder, baking powder, and salt; set aside.
- 3 In another bowl, combine Greek yogurt, honey, eggs, almond milk, vanilla, and lemon zest until smooth.
- 4 Fold the dry mixture into the wet mixture just until combined; avoid over-mixing.
- 5 Gently fold the flour-coated blueberries into the batter, reserving a few for topping if desired.
- 6 Spoon batter into the donut pan, filling each cavity about three-quarters full.
- 7 Bake for 10-12 minutes, until a toothpick inserted into a donut comes out clean.
- 8 Allow donuts to cool briefly, then remove from the pan and dust with powdered sugar or drizzle a light glaze.

Nutrition per serving

210 kcal

Calories

12 g

Protein

30 g

Carbs

5 g

Fat

Tips & notes

- If the batter seems too thick, add a splash more almond milk.
- Do not over-mix; a few specks of flour are okay.
- For extra blueberry bursts, sprinkle a handful of fresh berries on top before baking.