



INGREDIENTS

MAKES 10-28



2

XS Chocolate Protein Pod



½ Cup
Honey



½ Cup

Pure Maple Syrup



5

Large Eggs



½ Cup

Almond Milk



3 ½ Cups

Almond Flour



4 Tablespoons
Coconut Flour



1 Tablespoon
Psyllium Husk



1 ½ Teaspoons
Baking Soda



½ Teaspoon
Salt

GLAZE AND TOPPING

1 ½ Cups
Dark Chocolate Chips

½ Cup
Goji Berries

½ Cup
Toasted Coconut Flakes

3 Tablespoons
Coconut Oil

½ Cup
Cocoa Nibs

CHOCOLATE PROTEIN DONUTS

with XS™ Protein Pods

PROTEIN PODS





XS PROTEIN PODS

PROTEIN POWDER TO GO!

Contains 20 grams of whey protein isolate and 4.4 grams BCAAs* to help build lean muscle mass.† The keto-friendly formula also contains 90 calories and is free from gluten, lactose and soy.

*Branch-Chain Amino Acids.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BUST OUT

- Measuring Cups
- Tablespoon
- Teaspoon
- 3 inch or 1.5 inch donut molds
- Piping Bag
- Large Mixing Bowl
- Metal Bowl
- Pot
- Cake Rack or Cooling Rack

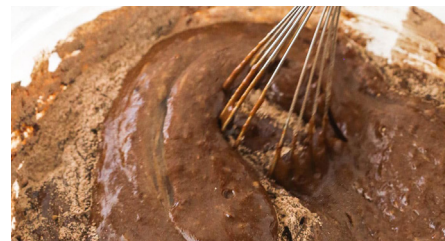
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1 PREHEAT OVEN

- Preheat **oven** to 320°F/160°C



2 MIX INGREDIENTS

- Place the ingredients as listed into a mixing bowl and beat until smooth.



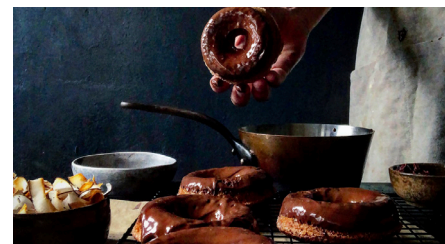
3 PIPE THE MIXTURE

- Fill a piping bag with batter mixture and pipe into lightly oiled donut rings. Place into pre-heated oven and bake for approximately 10-12 minutes or until golden and spring back when touched. Allow to cool a few minutes before unmolding.



4 MAKE THE GLAZE

- Melt the **chocolate** and **coconut oil** together in a clean metal bowl over a pot of simmering water.



5 SERVE AND ENJOY

- Dip the **donuts** in **chocolate glaze** and set over a cake rack, sprinkle the donuts with **goji berries**, **cocoa nibs** and **toasted coconut**.