



Chocolate Dipped No Bake Peanut Butter Donuts

Recipe by Mary

Servings
8 servings

Prep time
18 minutes

Calories
264 kcal

Ingredients

ingredients – peanut butter dough:

- 1 cup almond flour
- 1/2 cup vanilla or unflavored protein powder (plant-based or whey)
- 1/2 cup natural creamy peanut butter
- 2 tbsp maple syrup
- 1 tsp vanilla extract or paste
- 1/3 cup dairy-free milk
- pinch of sea salt

ingredients – chocolate topping:

- 1/2 cup dark chocolate chips or chopped dark chocolate (70–85%)
- 1 tsp coconut oil (optional, for a smoother topping)

Directions

- 1 add almond flour, protein powder, peanut butter, maple syrup, vanilla, salt, and milk to a food processor. blend until a soft, doughy mixture forms. if too dry, add more milk 1 tbsp at a time. if too wet, blend in more protein powder.
- 2 divide the dough into 8 equal parts. roll each into a short log, then form a ring by connecting the ends and smoothing out the seam.
- 3 place on parchment and freeze for 15–20 minutes. melt chocolate with coconut oil until smooth, then dip the tops of the donuts.
- 4 return to the parchment and chill until set. store in an airtight container in the fridge for up to 1 week or freeze for up to 3 months.

Way I make – mixer vs food processor (less to wash)
Everything in mixing bowl and blended until mixed.
Put in parchment lined small pan and then cut into bite size pieces – put on sheet pan and put in freezer to firm up. Put in Ziplock in freezer for quick treats!
First time I made – I melted chocolate and put on top on top – cut after hard and store in freezer. Less mess this way (skip 1tsp coconut oil)

*Isopure Unflavored Whey Protein Powder, *Sugar free maple syrup, Almond Milk, Lily's dark chocolate chips
*Amazon Prime

