

# COCONUT

## PROTEIN DONUTS

### INGREDIENTS

1 SCOOP 1UPNUTRITION COCONUT ICECREAM PROTEIN POWDER

6 TABLESPOONS COCONUT FLOUR

3 TABLE SPOONS SHREDDED COCONUT

1/2 TEASPOON BAKING SODA

1/2 CUP APPLE SAUCE

PINCH PINK HIMALAYAN SALT

2 DROPS LIQUID STEVIA

1/2 CUP LIQUID EGG WHITES

1/2 CUP CASHEW MILK

FOR COOKING INSTRUCTIONS

FOLLOW ALONG WITH ME ON MY YOUTUBE CHANNEL : JENNIFER ALTMAN