

Choco Fever Dream

High Protein Blueberry Cake Donuts

15 min Prep time	**12 min** Cook time	**27 min** Total time
8 Servings	**Easy** Difficulty	**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	12 g	30 g	5 g
Calories	Protein	Carbs	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.