



Oreo Donuts

420 Calories
Carbs - 46g
Fat - 12g
Protein - 33g
Fiber - 5g



Ingredients

- 1/4 cup Oats
- 1 Egg
- 50g Plain Greek Yogurt (0% milk fat)
- 1/4 cup Unsweetened apple sauce
- 1 tsp baking powder
- 1 tbsp cocoa powder
- 2 Oreos
- 1/2 scoop of whey protein
- Plain Greek yogurt (0% milk fat) - 25g

Instructions

1. Preheat oven to 375 degrees and mix all the ingredients on the left
2. Place mixture in a donut baking tray (5 donuts)
3. Place them in the oven for 15mins
4. Mix greek yogurt and whey protein in a bowl and crush up 2 oreos in another bowl
5. Dip donut in wet mixture then dip into oreo mixture, put on plate and enjoy!