



## PUMPKIN MAPLE PECAN DONUTS

Keto-Friendly, Low-Carb, Low-Sugar

Recipe by Deedee (@ketowithdeedee) and featured on MariGoldBars.com

*"These donuts are so soft & moist and topped with a delicious maple glaze. I topped them with a sprinkle of pumpkin pie spice and also a chopped up Pecan Sandie @marigoldbars bar."*

- Deedee

### INGREDIENTS:

#### Pumpkin Donuts

- 1 ¼ C Almond flour
- ¼ C MariGold Creamy Vanilla Protein Powder
- ½ TSP Baking powder
- ½ TSP Baking soda
- 1 TSP Cinnamon
- 1 TSP Pumpkin pie spice
- ¼ C Olive or coconut oil
- 1 Egg
- ½ C Pumpkin purée
- ½ C Sweetener
- 3 TBSP Almond milk
- 1 TSP Vanilla extract

#### Maple Glaze & Topping

- 1 TBSP Butter, melted
- 2 TBSP Maple syrup @choczero
- Splash Maple flavoring @oooflavors
- ¾ C Powdered sweetener (i.e. allulose)
- 1 MariGold Pecan Sandie Protein Bar ( or MG Protein bar flavor of choice)



### DIRECTIONS:

1. Combine all dry ingredients and set aside.
2. Blend together egg, sweetener, and pumpkin. Add in oil, almond milk, and vanilla and mix until combined. Add in dry ingredients and mix until combined.
3. Bake in a greased donut pan at 350 for 12-15 minutes.
4. MAPLE GLAZE: Whisk all ingredients together until smooth. If it's too thin, add a bit more powdered sweetener.
5. After donuts are completely cooled, dip each donut into your glaze and let set.
6. Top with chopped Pecan Sandie protein bar, pumpkin pie spice, crushed nuts, or chocolate chips!

Featuring MariGold  
Creamy Vanilla Whey Isolate &  
Pecan Sandie Protein Bars  
(MariGoldBars.com)

