

Grain-Free and Keto Chocolate Glazed Donuts

Hands-on 10 minutes Overall 25-30 minutes

Nutritional values (per donut): Total carbs: 7.4 g, Fiber: 3.3 g, **Net carbs: 4.1 g**,

Protein: 6.3 g, Fat: 15 g, Calories: 181 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 9 donuts)

Dry ingredients:

- 1/2 cup [coconut flour](#) (60 g/ 2.1 oz)
- 1/2 cup unsweetened [cocoa powder](#) (45 g/ 1.5 oz)
- 1 tsp [gluten-free baking powder](#)
- 1/4 tsp [baking soda](#)
- 1/2 cup [erythritol](#) - I used *powdered* (80 g/ 2.8 oz) or 3 tbsp powdered [stevia](#)
- 1/2 tsp salt (I like [pink Himalayan](#))

Wet ingredients:

- 1/2 cup milk - I used [Aroy-D coconut milk](#) instead (120 ml/ 4 fl oz)
- 1/4 cup plain Greek yogurt - I used *full-fat Greek yogurt* (65 g/ 2.2 oz) - you can use [coconut cream](#) for dairy-free
- 4 large eggs
- 2 tbsp oil - I used *melted ghee* (30 g/ 1.1 oz) - you can [make your own](#)
- 1 tsp sugar-free [vanilla extract](#) (you can [make your own](#))
- 1-2 tsp [liquid Stevia](#) - I used 30 drops of [Vanilla Stevia](#)

Chocolate glaze:

- 1/4 cup [sugar-free chocolate chips](#) - I used *dark 85% chocolate chips* (45 g/ 1.6 oz)
- 2 tbsp butter (30 g/ 1.1 oz)

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Whisk dry ingredients together [using a mixer](#) or hand whisk: coconut flour, cocoa powder, baking powder, baking soda, Erythritol and salt.
2. Blend wet ingredients together in a separate bowl: eggs, yogurt, melted ghee,
3. ... coconut milk, vanilla extract,...

4. ... and stevia. Mix until well combined (*All ingredients I used were at room temperature*).
5. Slowly stir the dry ingredients into the wet ingredients until combined - I *accidentally did the opposite but it worked just fine*. I just mixed it well to remove any clumps :)
6. Spray or grease a donut pan [with some coconut oil](#) or use a [silicone donut pan](#) (works best!). Bake for 15 minutes or until donuts bounce back when touched or toothpick near centre comes out clean. (*It took 18 minutes for mine to cook*)
7. Remove from the oven and let them cool down.
8. Once cool, melt glaze ingredients in microwave for 30 seconds and stir until smooth. Evenly pour on top of each donut. Enjoy!

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