

# 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

- 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.
- Blend wet ingredients together in a separate bowl: eggs, yogurt, melted ghee,
- ... coconut milk, vanilla extract,...

- ... and stevia. Mix until well combined (*All ingredients I used were at room temperature*).
- 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 :)
- 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*)
- Remove from the oven and let them cool down.
- 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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