

Nothing says decadent, "junk food", breakfast like the ring of joy we know as the coveted doughnut. With 22 grams of complete protein in every serving, FitQuick's Pronut Mix was built on the belief that our favorite treats can, and should, fit into our daily routines! These macro friendly, delicious, high protein, low carbohydrate, high fiber, nutrient dense pronut mix meets everything you could want to kick start your day, now in donut form!

Instructions:

Mix two level scoops of FitQuick dry mix thoroughly with a half cup non-dairy milk. Let stand for two minutes before spooning into a lightly oiled mini or regular sized, non stick, donut pan to about half full (I recommend coconut oil spray). Bake for 12 to 15 minutes on 385* or until lightly browned and firm to the touch. Let cool for at least 10 minutes before flipping the pan over onto a cooling sheet and gently removing the delicious "Pronuts"! Frost with preferred, macro-friendly, toppings such as vanilla almond butter, salted peanut butter or powdered peanut butter made thick with vanilla soy or almond milk. Try adding sprinkles, chopped nuts, drizzled icing or shredded coconut as delicious variations. Enjoy!

Proudly made in
Oakland, California.

Order more at www.fitquickmix.com

Nutrition Facts

Serving Size 2 scoops (60g)

Serving Per Container 8

Amount Per Serving

Calories 198

% Daily Values*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 98mg **4%**

Total Carbohydrate 22g **7%**

Dietary Fiber 7g **28%**

Sugars 3g

Protein 22g **44%**

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:

Chickpea Flour, Non-GMO Gemma Pea/Rice Protein Isolate, Flax Seed, Baking Powder, Vegan Rainbow Sprinkles (Sugar, Glucose Syrup, Flavorings, Food Coloring, and Titanium Dioxide), Crystallized Lemon, and Natural Flavors

