



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## Chocolate Donuts

*2.2g NET Carbs (Low Carb Keto)*

The Best Tasting Chocolate Donut Recipe on the Internet and Its Low Carb Keto Friendly. Its Absolutely Delicious. 2.2g of net carbs vs 35g of carbs of a regular style donut. you can eat 15 of these donuts vs 1 regular donut. Tasting is Believing! Start eating healthier and Start Today!



### NUTRITION

Yields 10 donuts NET CARBS: 2.2g FIBER: 3.0g FAT: 16.7g PROTEIN: 4.3g CALORIES: 187

### INGREDIENTS

#### Donut Batter

- 4 large eggs
- 1 teaspoon vanilla extract
- ½ cup unsalted melted butter
- ½ cup monkfruit sweetener
- ¼ teaspoon salt
- ¼ cup unsweetened Dutch cocoa powder (Link in description of Video)
- ⅓ cup coconut flour
- 2 teaspoons baking powder
- Crushed Nuts Optional

### Icing

- 2 ounces sugar-free chocolate Lily's Chocolate chips – Link in Description of Video
- 1 tablespoon melted coconut oil
- 15-20 drops of liquid Stevia

### Instructions:

#### Donut Batter

1. Add wet ingredients to bowl and mix.
2. Add dry ingredients to bowl and mix until everything is blended into a thick cake like batter. See video for visual.
3. Bake at 325°F (163°C) for 16-21 minutes.
4. At 16mins do the Toothpick test to see if you need more time.
5. when fully baked, remove and let cool before removing from mold.
6. Once cooled remove from mold and add icing and crush nuts if desired.

#### Icing

1. Melt coconut oil and chocolate chips.
2. Add all ingredients to a bowl (do not add to donut batter bowl)
3. Mix until thick consistency is formed
4. Refrigerate for 5mins
5. Add to donuts after donuts is cooled.