



# Keto No Bake Donut Holes

Keto Donut Holes are a lot easier to make than you think! They're super quick to make and are absolutely delicious. Cream Cheese, Cinnamon, and Monk Fruit make them taste like cinnamon and sugar donut holes . . . and you don't have to bake them!

## Recipe:

1.5 tsp Flaxseed Meal

1 T Water

Mix together in medium bowl and let set 1 min.

Then add in:

1 T Melted Butter

¼ tsp Vanilla

Mix in:

½ C Almond Flour

Pinch Salt

2 T Monk Fruit

1 tsp Cinnamon

Roll into balls around a pinch (¼ to ½ tsp cream cheese)



Mix together:

1 T Monk Fruit

½ tsp Cinnamon

Roll donut holes in cinnamon/sugar mixture.

## The Keto Dad Tips and Tricks:

- The Cream Cheese is optional!
- We sometimes fold the dough around the cream cheese. If we're in a rush we just drop little pieces of cream cheese in the dough and roll it up that way!
- Store in the fridge up to a week!

Makes 14 Balls, Serving size 2

Calories: 84, Fat: 7g, Carbs: 2g, Fiber: 1g, (Net Carbs 1) Protein: 2g

[SimpleFunKeto.com](http://SimpleFunKeto.com)

Facebook: The Keto Dad Instagram: @theketodadlife YouTube: The Keto Dad