



APPLE CINNAMON PROTEIN MUFFINS

High Protein / Clean Eating

Recipe by Deedee (@eatwithdeedee) and featured on MariGoldFoods.com

"These muffins were so yummy and super easy to make!"

- Deedee

INGREDIENTS:

- 1 C oat flour
- 1/4 C almond flour
- 1 scoop MariGold Creamy Vanilla Whey Isolate Protein Powder
- 2 tsp baking powder
- 2 tsp cinnamon
- 1/4 tsp salt
- 1 egg
- 1/2 cup unsweetened almond milk
- 1/4 cup granular sweetener
- 1/4 cup brown sweetener
- 1/4 cup plain nonfat Greek yogurt
- 2 Tbsp light butter, melted
- 1 tsp vanilla extract
- 1 apple chopped

DIRECTIONS

1. Mix all dry ingredients and set aside.
2. Mix wet ingredients until combined.
3. Combine with dry ingredients until smooth. Stir in chopped apple.
4. Pour into cupcake tin.
5. OPTIONAL: If you want to add a crumble on top, make it and crumble on top of each muffin. In my crumble topping I just used butter, flour, protein powder and cinnamon. Stir until it's combined and chunky and top each muffin.
6. Bake at 400 for 12-15 minutes.



Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldFoods.com)

