



CINNAMON STREUSEL PROTEIN MUFFINS

Protein-Packed / Low Calorie / Low Carb

Recipe by Katie (@cookingkatielady) and featured on MariGoldFoods.com

INGREDIENTS:

Muffins

- 3/4 cup all-purpose flour
- 30g MariGold Unflavored Whey Isolate Protein Powder
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 cup liquid egg whites
- 1/2 cup plain nonfat Greek yogurt
- 1/3 cup unsweetened applesauce
- 1 tsp vanilla extract
- 2 1/2 tbsp sugar free syrup

Topping

- 1/4 cup brown sugar substitute (I used @swervesweetie)
- Cinnamon, to taste
- 2 tbsp low-fat cream cheese, softened
- 2 tbsp chopped MariGold Keto Pecans

DIRECTIONS:

1. Preheat oven to 375°F
2. Combine all dry ingredients in a large mixing bowl.
3. Add in your wet ingredients and mix until just combined.
4. Divide muffin mixture into 12 muffin tins.
5. Mix the brown sugar substitute and cinnamon together in a small bowl. Top each muffin with the sugar mixture.
6. Bake the muffins for 12-15 minutes.
7. Top with a drizzle of low-fat cream cheese and crushed pecans!



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



Macros (per muffin including topping) - Info provided by Katie (@cookingkatielady)

72 Calories
7g Carbs
1g Fat
7g Protein