



## KETO PISTACHIO CHOCOLATE MALT PROTEIN MUFFINS

High-Protein / Low-Carb / Keto-Friendly / Sugar-Free / Gluten-Free

Recipe by @ghostingcarbs  
and featured on MariGoldFoods.com

*“When I find a good base recipe, I love to start playing with different ways to dress it up  
and make it extra. These muffins are so good!”*

- @ghostingcarbs

### INGREDIENTS (9 muffins):

- 1.5 cups almond flour
- 1 scoop MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1 tsp baking powder
- Pinch of salt
- 2 eggs
- 1/2 cup heavy whipping cream
- 1 dropper full of @oooflavors pistachio ice cream flavoring (or use 1/4 tsp of vanilla extract if you don't have this)
- 1/4 cup allulose
- Finely chopped pistachios

### DIRECTIONS:

1. Mix the eggs, whipping cream, allulose and flavoring until combined.
2. Then add the almond flour, whey protein, baking powder and salt. Mix well then add the chopped pistachios to incorporate.
3. Pour into lined muffin tin. Bake at 350 for 20 minutes.



Featuring MariGold  
Rich Chocolate Malt Whey Isolate  
Protein Powder  
(MariGoldFoods.com)

