



## PUMPKIN SPICE PROTEIN MUFFINS

High Protein / Keto-Friendly / Gluten-Free

Recipe featured on [MariGoldFoods.com](http://MariGoldFoods.com)

### INGREDIENTS:

- 1 cup almond flour
- 1/2 cup MariGold Pumpkin Spice Whey Isolate Protein Powder
- 1 tsp baking powder
- 1/2 tsp salt
- 3 large eggs
- 1/2 cup pumpkin puree
- 1/4 cup melted coconut oil or butter
- 1/4 cup erythritol or other keto-friendly sweetener
- 1 tsp vanilla extract

NOTE: You can also use MariGold Creamy Vanilla Whey Isolate Protein Powder and add 1/2 tsp of pumpkin spice!



### DIRECTIONS

1. Preheat the oven to 350°F. Line a muffin tin with paper liners or grease with coconut oil.
2. In a large bowl, whisk together the almond flour, protein powder, baking powder, pumpkin spice (if using vanilla protein powder), and salt.
3. In a separate bowl, whisk together the eggs, pumpkin puree, melted coconut oil or butter, erythritol or other keto-friendly sweetener, and vanilla extract.
4. Add the wet ingredients to the dry ingredients and mix until just combined.
5. Divide the batter evenly among the muffin cups, filling each about 3/4 full.
6. Bake for 25-30 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
7. Remove from the oven and let cool in the muffin tin for 5 minutes, then transfer to a wire rack to cool completely.

Featuring MariGold  
Pumpkin Spice OR Creamy Vanilla  
Whey Isolate Protein Powder  
([MariGoldFoods.com](http://MariGoldFoods.com))

