



VANILLA PROTEIN CUPCAKES

High-Protein / Gluten-Free / Refined Sugar-Free

Recipe Featured on MariGoldFoods.com

INGREDIENTS:

- 1 cup gluten-free oat flour
- ½ cup MariGold Creamy Vanilla Whey Isolate Protein Powder
- 3 Tbsp cornstarch
- 2 ¼ teaspoon baking powder
- ½ tsp salt
- ½ cup maple syrup
- 1 egg
- 4 ½ tablespoons olive oil
- ⅓ cup milk of choice
- 1 tablespoon vanilla extract
- 1 tsp MariGold Allulose Sweetener (or your sweetener of choice, optional)



Frosting

- 3 cups sugar free powdered sugar
- 1/2 cup butter softened
- 1 teaspoon vanilla extract
- 8 oz cream cheese softened
- 1-2 tablespoon milk of choice

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



DIRECTIONS:

- 1. Prepare Cupcakes:** Preheat the oven to 350°F (177°C). Line a 12-cup muffin pan with liners.
2. In a large bowl, sift or whisk the oat flour, whey protein powder, cornstarch, baking powder, and salt.
3. In another bowl, whisk the maple syrup, egg, olive oil, milk, vanilla, and stevia. Pour the wet mixture into the dry, mixing until just combined. Let the batter rest for 5 minutes.
4. Lightly stir, then divide the batter among the muffin cups. Bake for 11-13 minutes (12 minutes recommended). Cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.
- 5. Prepare Frosting:** In a large mixing bowl, beat your powdered sugar and butter until combined, and smooth. Add in your vanilla extract.
6. Add your flavor ingredients and continue beating until the desired texture is received. For a thinner texture, add more milk.