

# Apple Cinnamon Protein Muffins with Vanilla Protein Frosting

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Premium nutrition for healthy living

## Ingredients:

For 12 Servings:

- 1 cup oats
- 1 cup almond flour
- 2 scoops Muscle Food vanilla whey protein powder
- 0.5 cup coconut sugar
- 0.5 cup melted coconut oil
- 4 eggs
- 1 tbsp baking power
- 1 small apple chopped very finely
- 2 tbsp apple pie spice mix (or you can make your own mix of cinnamon and nutmeg)
- ¼ cup milk (I recommend unsweetened almond milk)

These muffins are **PACKED** with autumnal flavours, protein, slow burning carbs and general yumminess - perfect for this time of year, don't you think?

## Cooking method

### For the Muffin

- 1 Preheat the oven to 180c. Mix together all the ingredients in a bowl.
- 2 Pour the mixture into muffin cases and bake for around 15-20 minutes until cooked through and a toothpick comes out clean.
- 3 These last 4-5 days in an airtight container.

### For the Frosting

- 4 In a small bowl combine 2/3 cup vanilla casein protein powder and 2/3 cup Greek yoghurt.
- 5 Then slowly add in 2-4 tbsp. of milk (I recommend unsweetened almond milk) until you reached your desired frosting consistency.
- 6 Once the muffins have completely cooled, you can pop the frosting on with a spoon... or if you're feeling fancy you can use a piping bag and nozzle!

**Serves: 12**

**299**  
CALORIES

**11g**  
PROTEIN

**14g**  
CARBS

**23g**  
FAT

**1g**  
FIBRE

[www.musclefood.com/healthyrecipes](http://www.musclefood.com/healthyrecipes)

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