

Protein Coffee & Walnut Cupcakes

musclefood
Premium nutrition for healthy living

Ingredients

- 1 extra lean steak burger
- 2 scoop vanilla whey
- 1/4 cup + 1/3 coconut flour
- 1/3 cup coconut sugar
- 1/3 cup ground coffee
- 1.5 tbsp cinnamon
- 2 eggs
- 1 cup almond milk
- 4 drops maple stevia drop
- 2tsp baking powder

For the Frosting

- 1tbsp ground coffee
- 7 drops maple stevia drops
- 3 cans of 160ml coconut cream



If you're a fan of coffee cake then these protein coffee and walnut cupcakes are going to be right up your street...

Cooking method

- 1 Pre heat oven to 160 degrees.
- 2 Grease your cupcake/muffin tray with coconut oil and place into oven to let it heat up and melt.
- 3 Place your dry ingredients into a bowl and mix.
- 4 Place in your eggs, almond milk and stevia drops and thoroughly mix until you a smooth mixture.
- 5 Take out your tray from the oven and evenly place your mixture into each cup.
- 6 Place into oven for 10-15 minutes.
- 7 Whilst they are baking, mix your frosting ingredients together until the coffee has completely mixed through.
- 8 Once your cupcakes have finished baking take out the oven and leave to cool (I left to cook for 60 minutes).
- 9 Place your frosting into a piping bag and place on in a spiral movement.
- 10 Garnish with walnuts and cacao nibs.

Makes 12

100
CALORIES

7g
PROTEIN

15g
CARBS

3g
FAT

www.musclefood.com/healthy-recipes

By
**Paige
Modeste**

