



## **Cinnamon Swirl Protein Cupcakes**

Courtesy of Train Magazine

### **Ingredients**

Large eggs 2  
Vanilla protein powder 2 scoops  
Rolled oats (or coconut flour) 1-1/2 cups  
Unsweetened almond milk (or milk substitute) 1/2 cup  
Sweetener 1-1/2 tbsp.  
Fat-free vanilla Greek yogurt 5 oz.  
Vanilla extract 2 tsp  
Ground cinnamon 2-1/2 tsp  
Baking powder 2 tsp

### **Directions**

1. Blend rolled oats into oat flour.
2. Combine all ingredients into a bowl and mix.
3. Place silicone cups on a baking sheet and coat them with nonstick cooking spray.
4. Evenly distribute mix into the cups, filling them only about 3/4 of the way.
5. Bake at 350 degrees F for 10-15 minutes.
6. Allow the cupcakes to cool, then top with fat-free vanilla Greek yogurt.

### **Nutrition Facts**

Serving size: 1 cupcake

Recipe yields 5 servings

Calories 79

Fat 1.7 g

Carbs 78 g (12 g fiber)

Protein 8 g

