



## **Casein Frosted Pumpkin Pistachio Chia Seed Muffins**

### Muffin Ingredients

- 1 small apple
- 1 cup of vanilla whey protein
- 1 medium-sized banana
- 1 can of pumpkin puree (400g)
- 1/2 cup of oats (I used gluten free, but regular would do)
- 1/8 cup of chia seeds
- 1/4 cup of cartoned coconut milk (almond OK too)
- 1/4 cup of pistachios

### Frosting Ingredients

- 1/2 cup chocolate casein
- 3/4 cup of milk

### Directions for muffins

1. Preheat oven to 340 degrees F (170 C).
2. Blend all ingredients.
3. Pour batter into nine silicone muffin cases.
4. Bake for about 40 minutes.

### Directions for frosting

1. Mix casein and milk.
2. Pour mixture into piping bag.
3. Frost!
4. If desired, top with extra chia seeds and a sprinkle of organic cocoa powder