



BODYBUILDING.COM™

Funfetti Protein Cupcakes

Ingredients:

Vanilla protein powder 40 g
Coconut flour 3 tbsp
Pyure organic Stevia blend 3 tbsp
Baking powder 1/4 tsp
Salt 1/8 tsp
Egg whites 1/4 cup (2 large)
Nonfat plain Greek yogurt (or dairy-free yogurt) 1/4 cup
Unsweetened applesauce 2 tbsp
Coconut oil 1 tbsp
Vanilla extract 1/2 tsp
White vinegar (optional) 1/4 tsp
Butter extract (optional) 1/4 tsp
Almond extract (optional) 1/8 tsp
Sprinkles (optional) 1 tsp

Frosting:

Fat-free cream cheese or Neufchatel 3 oz.
Nonfat plain Greek yogurt (or dairy-free yogurt) 3 oz.
Swerve confectioner's erythritol 4 tbsp. (or 2 tbsp. stevia blend, or 4 tbsp. stevia or sugar)

Toppings (optional):

Smart Sweets gummy bears 20 g
More sprinkles!

Directions:

1. Preheat oven to 325 degrees F.
2. Whisk together the dry ingredients in a mixing bowl.
3. In a separate mixing bowl, beat together the wet ingredients.
4. Mix dry and wet until smooth, then gently stir in sprinkles.

5. Line the cups of a muffin pan with paper, silicone, or foil liners, and lightly spray the insides with cooking spray. Or, skip the liners, and lightly coat the inside of each cup with cooking spray.
6. Divide the batter between six cups, filling them about 2/3 of the way to the top.
7. Bake for 20-25 minutes, until a toothpick or knife inserted at the center comes out clean.
8. While the cupcakes cool, combine the frosting ingredients until they're smooth. Place the frosting in the fridge while the cupcakes continue cooling.
9. Frost the cupcakes using a piping bag or a sealable baggie (like a Ziploc) with one corner cut off.
10. Decorate with gummy bears and more sprinkles!
11. Enjoy immediately or freeze for later (no preservatives).

Nutrition Facts:

Serving size: 1 cupcake (including frosting and toppings)

Recipe yields 6 servings

Calories: 110

Fat: 3.6 g

Carbs: 9 g

Protein: 11 g