



## **Frosted Coconut Protein Cupcakes**

(Yields 12 cupcakes)

### **Ingredients:**

- 1 1/2 cups oat flour
- 2 scoops (servings) vanilla whey protein\*
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup Xylitol brown sugar
- 4 oz. unsweetened applesauce
- 4 oz. (half container) Greek yogurt
- 2 egg whites
- 1 cup unsweetened coconut milk
- 1 tsp coconut extract

### **Directions:**

1. Preheat oven to 375 degrees.
2. Spray a muffin tin with non-stick spray and set aside.
3. In a large bowl, combine the oat flour, protein powder, baking soda and salt.
4. Whisk until well combined and set aside.
5. In a second bowl, combine brown sugar, applesauce, yogurt, egg whites, coconut milk and coconut extract, stirring until incorporated.
6. Add wet ingredients to the dry ingredients and mix well.
7. Use a 1/4 cup as a scoop to fill muffin tins.
8. Place in the oven on the middle rack for 20 minutes.

### **Icing Ingredients:**

- 4 oz. fat free cream cheese
- 1/4 cup coconut oil (microwave for 15 seconds)
- 2 cups Xylitol confectioner's sugar

### **Icing Directions:**

1. Mix together with an electric mixer until smooth and refrigerate.
2. Let cupcakes cool completely before frosting.
3. Use flaked coconut as garnish on top.