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## **Apple Pie Protein Cupcakes**

### **Ingredients (For Muffins):**

- 1 cup oats
- 1 cup almond flour
- 2 scoops Optimum Nutrition Gold Standard 100% Whey French Vanilla Creme
- 1/2 cup unrefined coconut sugar
- 1/2 cup melted coconut oil
- 4 eggs
- 1 tbsp baking powder
- 1 small apple, chopped very finely or grated
- 2 tbsp apple pie spice (or a mixture of cinnamon and nutmeg)
- 1/4 cup unsweetened almond milk

### **Directions (For Muffins):**

1. Preheat your oven to 350 F (180 C).
2. Add all ingredients into a mixing bowl and, using a spoon, combine into a smooth cake batter.
3. Equally divide the mixture between 10 muffin cases and bake for 15-20 minutes until cooked through. Simple and delicious!

### **Ingredients (For Frosting):**

- 2/3 cup Optimum Nutrition Gold Standard 100% Casein Creamy Vanilla
- 2/3 cup unsweetened Greek yogurt
- 4 tbsp milk

### **Directions:**

1. In a small mixing bowl, combine the casein and the yogurt.
2. Slowly add in the milk until you reach your desired frosting consistency.
3. Once the cupcakes have completely cooled (be patient!), you can pop the frosting on with a spoon. If you're feeling fancy, you can use a piping bag and nozzle!

Tip: Go wild with your toppings—this is where you can get creative! I added chia seeds and chopped almonds for an extra crunch. You could use dark chocolate chips, coconut flakes, or even fresh fruit. Get creative and add your own twist!