



## PUMPKIN PROTEIN MUFFINS

Low Carb with a Protein Boost!

Recipe by @ashleymelvin\_ and featured on MariGoldBars.com

*"I'm all about finding ways to eat delicious foods that are clean and low carb....*

*AND if I can add protein too, then why not!"*

- @ashleymelvin\_

### INGREDIENTS:

#### Dry Ingredients

- 2 cups almond flour
- 1 cup MariGold Whey Isolate Protein Powder - Unflavored
- Sugar replacement to taste (I used 10 tbsp of Switch - available on [thrivemarket.com](http://thrivemarket.com))
- 3/4 tsp sea salt
- 3 tsp baking powder
- 3 tsp cinnamon
- 1 1/2 tsp ginger
- 3/4 tsp cloves
- 1/4 tsp ground nutmeg

#### Wet Ingredients

- 1 can pumpkin purée
- 9 room temperature eggs
- 6 tbsp butter, melted
- 2 tsp vanilla

### DIRECTIONS:

1. Preheat oven to 350 degrees. Grease a muffin tin with non-stick spray, or use 6-8 silicone muffin cups/molds on a baking sheet.
2. Separately mix wet and dry ingredients and then add together.
3. Fill 6-8 muffin cups 3/4 full.
4. Bake for 20 minutes at 350.



Featuring MariGold  
Whey Protein Isolate - Unflavored  
([MariGoldBars.com](http://MariGoldBars.com))

