



PUMPKIN SPICE LATTE MUFFINS

Low-Carb, Low-Sugar

Recipe by Deedee (@ketowithdeedee) and featured on MariGoldBars.com

"Who doesn't want a pumpkin spice latte in cupcake form?! These cupcakes were so yummy and are perfect fall vibes! The cake turned out so delicious and the texture was spot on."

- Deedee

INGREDIENTS:

- 3 Eggs
- 1/2 C Granulated sweetener (i.e. allulose)
- 1 Scoop MariGold Vanilla Collagen Latte Protein Coffee
- 1 C Pure Pumpkin Puree
- 1 1/4 C Almond Flour
- 2 TSP Baking Powder
- 1 TSP Vanilla Extract
- 1 TSP Cinnamon
- 2 TSP Pumpkin Pie Spice
- Dash of Salt

DIRECTIONS:

1. Preheat oven to 350 degrees. Grease a muffin tin with non-stick spray
2. Combine eggs and sweetener with an electric mixer until light and fluffy.
3. Mix in pumpkin until smooth.
4. Mix all other ingredients together in a separate bowl then gradually add to the wet mixture until just combined.
5. Bake at 350 for 15-18 minutes.

OPTIONAL:

1. For the frosting I just made a quick whipped cream. You could use cool whip too or a cream cheese icing would be delicious! I sometimes do a caramel drizzle on the tops, or just sprinkle with pumpkin pie spice.
2. I even stuffed a few of them with my @twistedcookiedough Pumpkin Spice cookie dough.



Featuring MariGold
Vanilla Collagen Latte High Protein Coffee
(MariGoldBars.com)

