

Chocolate Protein Cupcakes



These delicious and good-for-you cupcakes go great with a LynFit fat-blasting Flat White Protein Shake. Dunk it in there—go ahead, I dare you!

NUTRITIONAL INFO

Calories: 80
Carbs: 8.5 grams
Protein: 12 metabolic boosting grams
Fat: 0.7 grams
Fiber: 1 gram

Servings: 3 per recipe

Ingredients:

- (1 scoop) LynFit Chocolate Complete Protein
- (½ tsp.) Baking powder
- (1 tbsp.) Unsweetened cocoa powder
- (1–2 packets) Splenda® or Stevia®
- (2 tbsp.) Liquid egg whites
- (2 tbsp.) Non-fat vanilla Greek yogurt
- Nonstick cooking spray

Ingredients for Frosting (Optional):

- (½ cup) Chopped or crushed walnuts
- (1 tsp.) Cinnamon
- (1–2 packets) Stevia® or Splenda®

Mix the above ingredients together and top your cupcakes with it!

Directions:

- Preheat oven to 350° F. Spray muffin tin with nonstick cooking spray
- Combine protein powder, baking powder, cocoa powder, and sweetener until well-mixed. Add the egg white and yogurt and combine all ingredients until evenly mixed.
- Spoon batter into muffin tins – about 2/3 full. Bake 15–18 minutes

Optional Serving Suggestions:

On special occasions, add a dollop of whipped cream or Walden Farms Zero Calorie Chocolate Syrup