

PROTEIN PUMPKIN MUFFINS



INGREDIENTS:

- 2 cups canned pumpkin
- 1 cup flour
- 2 scoops vanilla protein powder
- 2 tbsp pumpkin pie spice
- 1 tbsp ground cinnamon
- 4 tsp baking powder
- 1.5 cups milk
- 5 tbsp honey
- 10 oz vanilla Greek Yogurt



DIRECTIONS:

- Add all ingredients (besides vanilla Greek yogurt) to a large bowl and mix until evenly combined.
- Add mixture to a non-stick, oven safe muffin pan. Top with additional pumpkin pie spice.
- Bake for 22 minutes at 350 degrees.
- Let muffins sit for10 minutes. Add vanilla Greek yogurt as frosting.
- Enjoy!