

## Glam Pro Birthday Cake Cupcake



### DRY INGREDIENTS:

- 3 scoops Birthday Bliss Glam Pro
- \*  $\frac{2}{3}$  cup oat flour (or  $\frac{1}{2}$  cup soft wheat/pastry flour)
- $\frac{1}{3}$  C coconut flour
- 1 tsp baking powder
- \*  $\frac{1}{2}$  tsp xanthan gum (only if using oat flour)
- $\frac{1}{4}$  cup granular no-calorie sweetener of choice (i.e. Swerve, Stevia)
- dash of salt

### WET INGREDIENTS:

- $\frac{3}{4}$  C unsweetened vanilla almond milk
- $\frac{3}{4}$  C vanilla nonfat Greek yogurt
- 1 large egg
- 2 tsp vanilla extract
- 1 tbsp ghee or coconut oil (melted)
- 1 tbsp rainbow sprinkles

### The Frosting

- 6 oz low fat cream cheese or whipped cottage cheese
- 1 scoop Birthday Bliss Glam Pro
- $\frac{1}{4}$  cup confectioners sugar replacement (i.e. Swerve)
- Optional:
  - 2-3 drops food color & 1 tsp rainbow sprinkles

### DIRECTIONS:

1. Preheat an oven to 350°F and line a 12-muffin tin with cupcake liners
2. Mix the dry cake ingredients in a large bowl and be sure to get any clumps of coconut flour completely incorporated
3. Mix the wet cake ingredients together in a small bowl
4. Pour the wet ingredients into the dry ingredients. Stir until mixed well and batter is smooth
5. Fold the sprinkles into the batter
6. Transfer the batter to the cupcake liners as evenly as possible, about  $\frac{3}{4}$  full
7. Bake for about 20 minutes or until a toothpick comes out clean (Avoid overcooking! Start checking them at 15 minutes)
8. Remove the cupcakes (in liners) from the muffin tin to cool
9. Mix all frosting ingredients in a bowl, except sprinkles. (Hand mixer recommended.)
10. Use a butter knife to frost the cupcakes or add the frosting to a piping bag for more precise frosting, about 1 tbsp per cupcake. Top with sprinkles

Makes 12 Cupcakes

Calories: 130 | Protein: 9 g | Carbs: 11 g | Fat: 5 g