

High-Protein Mini Cupcakes

Flourless-style protein cupcakes using rice flour, egg white powder, and protein powder. Light, fluffy, and macro-friendly.

Ingredients

- 2 1/8 oz rice flour
- 1 5/8 oz whey or casein protein powder
- 2/3 oz powdered egg whites
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/8 tsp salt
- 2 tbsp granulated sweetener (or sugar)
- 3/4 cup water
- 1 tsp vanilla extract

Steps

1. Preheat oven to 350°F (175°C) and line a muffin tin with 6 liners or grease well.
2. In a bowl, whisk together 2 1/8 oz rice flour, 1 5/8 oz whey or casein protein powder, 2/3 oz powdered egg whites, 1 tsp baking powder, 1/4 tsp baking soda, 1/8 tsp salt, and 2 tbsp granulated sweetener (or sugar) until fully combined with no clumps.
3. Pour in 3/4 cup water and 1 tsp vanilla extract. Whisk until smooth. Batter should be pourable like pancake batter — if too thick, add water 1 tbsp at a time; if too thin, add 1 tsp rice flour.
4. Let the batter sit for 2-3 minutes so the egg white powder and protein fully hydrate.
5. Fill each cupcake liner about 2/3 full. These rise modestly (protein doesn't puff like wheat flour), so don't underfill.
6. Bake for 16-20 minutes until tops spring back when lightly pressed and a toothpick

comes out clean.

7. Let cool in the tin for 5 minutes, then transfer to a rack. Protein baked goods firm up as they cool.

Notes

Key tips: (1) Yes, include both baking powder AND a small amount of baking soda — the soda helps browning and lift, powder does the main rising. (2) Water ratio is roughly 1.5x the weight of dry ingredients; start at 180ml and adjust. (3) Fill liners 2/3 full — protein cupcakes rise less than wheat cupcakes, so this gives proper dome shape without overflow. (4) Casein makes them more cake-like; whey makes them slightly drier and more sponge-like. (5) For more flavor/moisture without many calories, swap 2 tbsp water for unsweetened applesauce or Greek yogurt. (6) Don't overbake — protein gets rubbery fast. Pull at the first clean toothpick.