



3-INGREDIENT PROTEIN SMOOTHIE

High Protein / Gluten-Free / Low Sugar

Recipe by Shannon (@healthy.mom.healthy.family) and

Featured on MariGoldFoods.com

INGREDIENTS:

- 1 cup milk of your choice
- 2 cups frozen fruit (we used mixed berries)
- 2 scoops Marigold Creamy Vanilla Protein Powder

DIRECTIONS

1. Just blend & serve!



Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldFoods.com)

