



5 INGREDIENT STRAWBERRY FROZEN YOGURT POPSICLES

High Protein / Gluten-Free / Refined Sugar-Free

Recipe by Kara (@healingwithahopefulheart) and

Featured on MariGoldFoods.com

INGREDIENTS:

- 2 cups full-fat yogurt (or coconut yogurt for dairy-free)
- 1 cup frozen strawberries
- 1 tsp vanilla
- 1 tbs honey or maple syrup
- 1 scoop MariGold Strawberry Sundae Whey Isolate Protein AND/OR Collagen Peptides

DIRECTIONS

1. Blend until smooth, pour into popsicle molds.
2. Freeze until set. Enjoy!



Featuring MariGold
Strawberry Sundae Whey Isolate
AND/OR Collagen Peptides
(MariGoldFoods.com)

