



BLUE SPIRULINA PROTEIN YOGURT

High Protein / Gluten Free / Grain Free

Recipe by Shannon (@healthy.mom.healthy.family)
and featured on MariGoldFoods.com

INGREDIENTS:

- 1 cup plain or vanilla Greek yogurt
- 1 scoop MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1 tsp blue spirulina
- toppings of your choice: fruit, nuts, seeds, granola

DIRECTIONS

1. Add the yogurt, protein powder and blue spirulina to a bowl, whisking to combine.
2. Smooth the yogurt mixture evenly across the bottom of the bowl, then top with desired toppings and enjoy.



Blue Spirulina Yogurt Bowl

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

