



## CARAMEL LATTE PROTEIN FUDGE

High Protein - No Bake - Vegan - Gluten Free

Recipe by Kat Condon (@katalysthealth)  
and featured on MariGoldBars.com

*“Enjoying an extra shot of coffee today with this CARAMEL LATTE PROTEIN FUDGE.  
I’ll use any excuse to consume more coffee”*  
- Kat Condon (@katalysthealth)

### INGREDIENTS:

- 1 cup cashew butter
- 1/2 cup almond flour
- 2 scoops MariGold Iced Vanilla Latte Protein Coffee
- 2 tablespoons maple syrup
- 1/2 cup dates, soft & pitted

### DIRECTIONS:

1. Mix together cashew butter, almond flour, protein powder & maple syrup until smooth.
2. Pour into a lined loaf pan.
3. Blend dates in a food processor until smooth.
4. Swirl into fudge batter.
5. Freeze for an hour, then slice!



Featuring MariGold  
Iced Vanilla Latte High Protein Coffee  
(MariGoldBars.com)

