



CHOCOLATE PROTEIN CHIA PUDDING BOWL

High Protein / Gluten-Free / Refined Sugar Free

Recipe by Kara (@healingwithahopefulheart) and

Featured on MariGoldFoods.com

INGREDIENTS:

- 1 cup high-protein yogurt
- 2 tbsp chia seeds
- 1 scoop [MariGold Rich Chocolate Malt Whey Isolate Protein Powder](#)
- Splash of milk
- 1 tbsp maple syrup
- Banana slices
- Peanut butter drizzle

DIRECTIONS

1. Stir together the yogurt, chia seeds, Rich Chocolate Malt Whey Isolate, milk, and maple syrup until smooth and well combined.
2. Cover and refrigerate for at least 2 hours, or preferably overnight, until the chia seeds have softened and the mixture has thickened.
3. When ready to eat, top with fresh banana slices and a generous peanut butter drizzle.



Featuring MariGold
Rich Chocolate Malt Whey Isolate
Protein Powder
(MariGoldFoods.com)

