



CREEPY HALLOWEEN CHIA PUDDING

Recipe by @ghostingcarbs and featured on MariGoldBars.com

"This was so fun and delicious!" - @ghostingcarbs

INGREDIENTS:

Chia Seed Layer:

- 3 tbsp of Chia Seeds
- 1 cup Macadamia Nut Milk (or your choice of milk)
- 1 tbsp of MariGold Mocha Collagen Latte protein coffee
- 1/4 - 1/2 cup Macadamia Nut Milk (for coffee layer)

Toppings:

- Heavy Whipping Cream (however much you want for topping)
- @oooflavors toasted marshmallow flavoring (optional)
- Black food coloring
- Raspberry Jam (taken from a previous recipe below)
- 1 MariGold Pecan Sandie Protein Bar

DIRECTIONS:

1. Mix chia seeds with macadamia nut milk set in fridge for 30 minutes or overnight.
2. Top it with a few tbsp of @marigoldbars protein coffee in the middle (I just added a tbsp of the coffee powder with macadamia nut milk and frother it)
3. Whip up some heavy whipping cream with @oooflavors toasted marshmallow flavoring (optional) and black food coloring - this makes a perfect moldy green color!
4. Drip raspberry jam (thinned out with a bit of water so it drips more like blood).
5. Sprinkle the whole thing with a chopped MariGold Pecan Sandie protein bar!

Raspberry Jam:

1 cup frozen raspberries, 3 tbsp allulose, Juice of a lemon, 1 tbsp @guygoneketo KetoseSweet liquid sweetener (can use your own favorite).

Heat Raspberry Jam ingredients in a saucepan over medium heat until allulose dissolves, mashing the berries until it's a consistency you like.

Put in a container in the fridge to cool until ready to use.



Featuring MariGold
Pecan Sandie Protein Bars &
Mocha Collagen Latte Protein Coffee
(MariGoldBars.com)

