



## EASY CHOCOLATE PROTEIN PUMPKIN PUDDING

Keto / Low-Carb / Sugar-Free / Paleo

Recipe by Hannah (@simplyhannahscott)  
and featured on MariGoldBars.com

### INGREDIENTS:

- 1 scoop MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 2/3 cup pumpkin purée
- 2/3 cup vanilla almond milk, unsweetened
- 1/3 cup heavy cream
- 1 tsp xanthan gum
- 1 oz sugar free cheesecake pudding mix
- 1/4 tsp Ground cinnamon
- 1/4 tsp Ground nutmeg
- Whipped topping (your choice)

### DIRECTIONS:

1. Blend and enjoy!



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

