



FRUITY VANILLA PROTEIN OATMEAL

High Protein / Clean Eating

Recipe featured on MariGoldFoods.com

INGREDIENTS:

- Gluten Free Oatmeal (or your choice of oatmeal)
- Your choice of milk (almond, oat etc)
- 1 Scoop of MariGold Creamy Vanilla Whey Isolate Protein Powder (or your choice of flavor)
- Your favorite toppings

Note - this recipe uses the following:

- Tangerines
- Bananas
- Walnuts
- Dried Cranberries
- Flax seeds

DIRECTIONS

1. Follow the cooking instructions provided on the oatmeal packaging to prepare the oats.
2. Add one scoop of protein powder
3. Add toppings, and enjoy!



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

