



GLP-1 BOOSTING YOGURT BOWL

High Protein / Gluten-Free / Blood Sugar-Friendly / Low Sugar / No-Bake

Recipe by Nicolette (@wellwithnicolette) and

Featured on MariGoldFoods.com

INGREDIENTS:

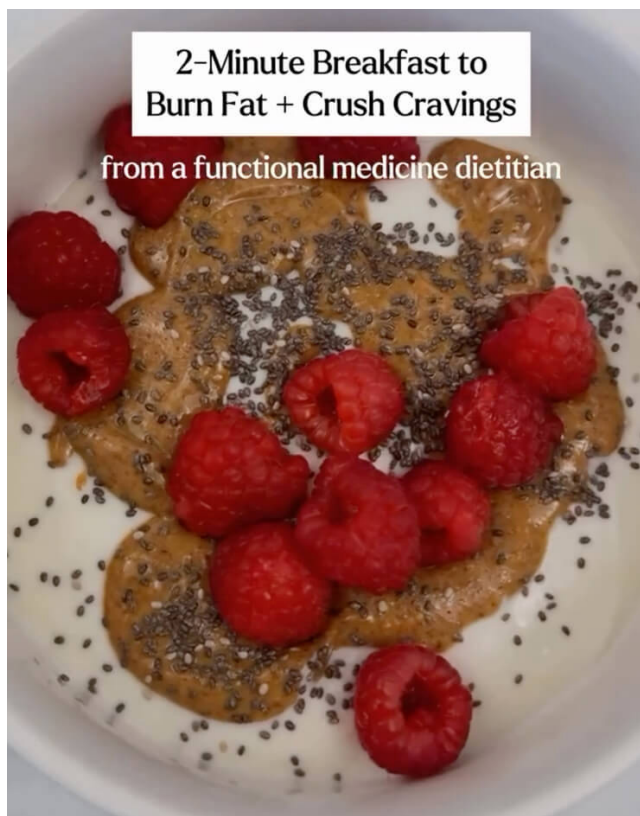
- 1 cup plain Greek yogurt
- 2 scoops [MariGold Creamy Vanilla Whey Isolate Protein Powder](#)
- 2 tbsp almond butter (no added oils or sugar—dry roasted is best)
- 1 tbsp chia seeds
- ½ cup organic raspberries
- Dash of sea salt (optional)

Tips:

- **Dairy-free?** Swap Greek yogurt for plain coconut yogurt.
- **Want extra protein?** Add 1 scoop of [MariGold Unflavored Collagen Peptides](#).
- **Salt matters:** It balances sweetness, makes flavors pop, and gives your metabolism a little mineral love.

DIRECTIONS

1. Add yogurt to a bowl and mix in protein powder.
2. Drizzle with almond butter, sprinkle chia seeds + sea salt, and top with berries.



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

