



HIGH PROTEIN POPSICLES

High-Protein / Collagen-Rich / Gluten-Free / Probiotic-rich

Recipe created by Sara Jean (@get.holistic)
and featured on MariGoldFoods.com

INGREDIENTS:

- 1.5 cups organic strawberries
- Drizzle of local raw honey
- Kefir (enough to cover over strawberries)
- 2 scoops MariGold Unflavored Whey Isolate
- 1 scoop MariGold Strawberry Sundae Collagen Peptides

DIRECTIONS:

1. Cut up strawberries and place in a blender.
2. Drizzle honey on top and cover over with kefir
3. Add whey isolate and strawberry collagen peptides.
4. Blend until well combined.
5. Pour into popsicle molds & place in freezer until frozen. Once frozen enjoy!



Featuring MariGold
Strawberry Sundae
Collagen Peptides Powder
(MariGoldFoods.com)

