



HORCHATA CARROT CAKE OATS

High-Protein / Collagen-Rich / Clean Eating

Recipe created by Maria (@purely_healthy_living)
and featured on MariGoldFoods.com

INGREDIENTS:

- 1/2 cup (50g) of organic oats
- 1 scoop of MariGold Horchata Collagen Peptides
- 1 cup of unsweetened coconut milk
- 1 tsp of cinnamon
- 1/3 cup of shredded carrots
- 1 tbsp of raisins
- 1 tbsp of crushed pecans
- 3 tbsp of allulose
- 1 tsp of vanilla extract

Toppings

- Sugar-Free Maple Syrup

DIRECTIONS:

1. Mix all the ingredients for the oats in a bowl.
2. Microwave 2 minutes.
3. Stir, and microwave for 1 more minute.
4. Serve in a small bowl, add toppings and enjoy!



Featuring MariGold
Horchata
Collagen Peptides Powder
(MariGoldFoods.com)

