



KETO SNICKERS PROTEIN CHIA PUDDING

Keto - Low Carb - Delicious!

Recipe by @ghostingcarbs
and featured on MariGoldBars.com

"I added some of my favorite @marigoldbars protein bar which has total candy bar vibes on its own. If you don't like chia pudding, I promise you will like this one! It's totally Snickers Bar vibes!"

- @ghostingcarbs

INGREDIENTS:

Chia Seed Layer:

- 2 tbsp Chia Seeds
- 1/2 cup Water
- 4 tbsp Peanut Butter
- 1/4 cup Heavy Whipping Cream

Toppings:

- 1 MariGold Texas Pecan Praline Protein Bar
- 1/4 cup Heavy Whipping Cream
- 1/2 cup @choczero Dark Chocolate Chips (or your favorite low-carb chocolate chips)

DIRECTIONS:

1. Mix chia seeds with water, set aside. Combine peanut butter and heavy whipping cream into a large glass, toss in chia seeds/water combo, and whip for a few minutes.
2. Pour mixture into two jars and top with a layer of chopped MariGold Texas Pecan Praline protein bar.
3. Then pour over some chocolate ganache (easy recipe below).
4. Set in fridge for 30 minutes (or overnight) before eating.

Chocolate Ganache Topping:

1. Heat heavy whipping cream and pour over dark chocolate chips, let sit for a few minutes and then mix until smooth. Ready to go!



Featuring MariGold
Texas Pecan Praline Protein Bars
(MariGoldBars.com)

