



MIXED BERRY FROZEN YOGURT PROTEIN BARS

High Protein | Gluten Free | Grain Free | No Bake | Naturally Sweetened

Recipe by Kara (@healingwithahopefulheart) and
Featured on MariGoldFoods.com

INGREDIENTS:

- 1 cup Greek yogurt
- 1–2 tsp vanilla extract
- 2 tbsp maple syrup (adjust to taste)
- 1/2 cup fresh mixed berries
- 1/2 cup coconut flour
- 1 scoop [MariGold Creamy Vanilla Whey Isolate Protein Powder](https://MariGoldFoods.com)

DIRECTIONS

1. Add the Greek yogurt, vanilla extract, maple syrup, coconut flour, and Creamy Vanilla Whey Isolate to a mixing bowl. Stir until thoroughly combined.
2. Gently fold in the strawberries, blueberries, or other fresh berries.
3. Line a loaf pan with parchment paper, leaving enough overhang to easily lift the frozen mixture from the pan.
4. Transfer the yogurt mixture to the pan and press it into an even layer.
5. Freeze for 2–3 hours, or until firm enough to slice.
6. Lift from the pan using the parchment paper and cut into approximately 8 bars.
7. Enjoy straight from the freezer or allow the bars to soften for a few minutes before eating for a creamier texture.



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

