



## COSMIC CHOCOLATE PROTEIN BROWNIES

Protein-Packed / Low-Carb / Antioxidant-Rich

Recipe by @foodsparksrecipes and featured on MariGoldFoods.com

### INGREDIENTS:

- 1 scoop MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1/2 cup blackberries
- 1/2 cup blueberries
- 1/2 or 1 cup bananas
- Water (or preferred milk) as required

### DIRECTIONS:

1. Mix and enjoy!

### Health Benefits of this Recipe

Mixed berry smoothies is good for you due to following reasons:

1. They have powerful antioxidants.
2. High in vitamin C.
3. Great for the immune system.
4. Protect against cancer.
5. Reduces inflammation.
6. Anti-aging.
7. Helps to protect the heart.
8. Fights against constipation.



Featuring MariGold  
Rich Chocolate Malt Whey Isolate  
Protein Powder  
(MariGoldFoods.com)

