



NO-BAKE BIRTHDAY CAKE BITES

High Protein / Gluten-Free / Low Sugar / No-Bake

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

INGREDIENTS:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1 scoop MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1/4 cup cashew butter (or almond butter)
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1/4 tsp almond extract (optional but gives that classic cake flavor!)
- 2 tbsp coconut oil, melted
- 2 tbsp dye free rainbow sprinkles
- Pinch of salt

DIRECTIONS

1. In a bowl, mix almond flour, coconut flour, protein powder, and salt.
2. Stir in cashew butter, maple syrup, vanilla + almond extracts, and melted coconut oil until a dough forms.
3. Fold in sprinkles.
4. Roll into bite-sized balls and chill in the fridge for 20–30 mins until firm.
5. Enjoy!



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

