



PEACHES N' CREAM POPSICLES

Recipe by Maria Fernanda López (purelyhealthyliving.net)
and featured on MariGoldBars.com

“Such a good combination of flavors; I mean, who could resist peaches and cream? Along with the touch of candied pecans, these popsicles are not only the easiest thing to do but they are also exquisite.”

- Maria Fernanda López

INGREDIENTS:

- 1 cup of frozen peaches
- 1/4 cup of MariGold Keto Pecans
- 1 cup of nut milk
- 1 scoop of vanilla grass-fed whey (MariGold Creamy Vanilla Whey Protein Isolate is a great choice!)
- 1/2 cup of almond based cream cheese
- 1/3 cup of granulated monk fruit

DIRECTIONS:

1. Slice the peaches and set aside 1/4 cup of them.
2. Add the rest of the ingredients into a blender except for the keto pecans.
3. Add some the peaches into the bottom of 9 popsicle molds.
4. Pour the mix into popsicle molds.
5. Add the keto pecans, add the sticks and freeze overnight.
6. Enjoy!



Featuring MariGold
Creamy Vanilla Whey Isolate
& Keto Pecans
(MariGoldBars.com)

