



PEACHES & CREAM HIGH-PROTEIN YOGURT BOWL

High Protein / Gluten-Free / Refined Sugar-Free / Soy-Free

Recipe by Dee Dee (@lifewith.deedee) and

Featured on MariGoldFoods.com

INGREDIENTS:

Protein Yogurt

- 1 cup plain Greek yogurt
- 1 tbsp sugar-free cheesecake pudding mix (or make your own - see below)
- 1 scoop [MariGold Creamy Vanilla Whey Isolate](#)

Toppings

- 1/2 cup diced fresh peaches
- 2 tablespoons whipped cream
- 2 tablespoons granola
- 1 teaspoon honey, or to taste

DIRECTIONS

1. Add the Greek yogurt, cheesecake pudding mix, and MariGold Creamy Vanilla Whey Isolate to a bowl.
2. Stir until completely smooth and creamy. The mixture will thicken slightly as you mix.
3. Cover and refrigerate for 15–30 minutes, or until chilled. You can also prepare the yogurt mixture several hours ahead of time.
4. When ready to serve, top with the diced peaches, whipped cream, and granola.
5. Finish with a light drizzle of honey and enjoy immediately.

Make your own cheesecake mix!

- 1 oz cream cheese, softened
- 1/2 tsp vanilla extract
- 1–2 tsp MariGold allulose (or favorite sweetener), to taste



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

