



## PROTEIN BROWNIE BATTER ICE CREAM

High Protein / Gluten Free / Low Sugar / No Bake

Recipe by Kat (@katalysthealth) and featured on MariGoldBars.com

*"Thankfully I had some of this PROTEIN BROWNIE BATTER stashed,  
although I can now no longer say that..."*

- Kat (@katalysthealth)

### INGREDIENTS:

- 1 can chickpeas, rinsed & drained
- 1/3 cup peanut butter
- 1/4 cup MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1/4 cup cocoa powder
- 2 tablespoons maple syrup
- 2-4 tablespoons almond milk
- 1/4 teaspoon vanilla extract
- chocolate chips
- peanut butter, for drizzle

### DIRECTIONS

1. Add everything but chocolate chips to a food processor & blend until smooth.
2. Stir in chocolate chips, chill, then dig in!



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

