



PROTEIN CHOCOLATE SMOOTHIE BOWL

High-Protein / Gluten-Free / Sugar-Free / Dairy-Free

Recipe by Zoe (@onederfulfood) and featured on MariGoldBars.com

"I woke up very early and I needed to eat something like this. I used @marigoldbars Grass-fed Whey Isolate (Rich Chocolate Malt) and it was simply delightful!"

- Zoe (@onederfulfood)

INGREDIENTS:

Base

- 1/4 Cup Lactose-free Organic 2% milk, or the milk of your choice.
- 2 Scoops of MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1 small or 1/2 large banana, frozen

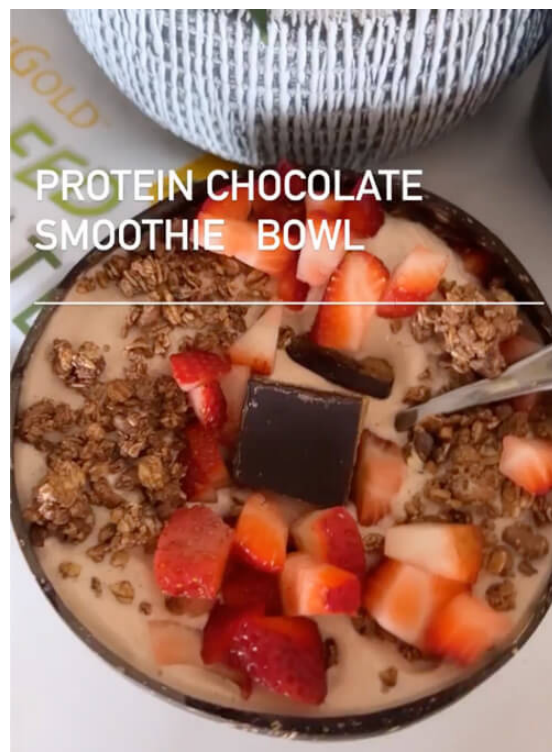
Toppings

- Your choice! I used strawberries and chocolate. Try some gluten-free granola too!

DIRECTIONS

1. Mix all ingredients for the base using a blender until smooth.
2. Add toppings and enjoy!

NOTE: You can also freeze this smoothie bowl for a delicious and healthy ice cream replacement!



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

