



## PROTEIN CHURRO BITES

High Protein / Low-Carb / Keto-Friendly

Recipe by Deedee (@eatwithdeedee) and featured on MariGoldFoods.com

*“Okay these are so fun and super simple to make! They are such yummy little bites coated in cinnamon sugar, perfect for sharing.”*

- Deedee

### INGREDIENTS:

- 3/4 C Almond flour
- 1/4 C MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1/3 C Granulated sweetener
- 1/4 C Butter, softened
- 1/4 C Plain nonfat Greek yogurt
- 1/2 C Unsweetened almond milk
- 2 Eggs
- 1 TSP Baking powder
- 1 TSP Vanilla extract
- 1 TSP Cinnamon
- Melted sugar-free chocolate (for drizzling – optional)



### DIRECTIONS

1. Combine all dry ingredients and set aside.
2. Mix together wet ingredients until combined, then add dry ingredients and mix until combined.
3. Bake in a parchment lined 9×9 cake pan at 350 for 20-25 minutes.
4. Combine 1/2 C granulated sweetener and 2 TSP cinnamon in a bowl. Once cake is cooled, cut into bite size squares. Roll squares in the bowl of cinnamon sugar mixture, a few at a time, until coated.
5. OPTIONAL: Drizzle with melted sugar-free chocolate, or caramel sauce.

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

