



## PROTEIN-PACKED SALAD DRESSING

Protein-Packed / Low-Carb / Keto-Friendly / Gluten-Free

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### INGREDIENTS:

- 1 scoop of MariGold Unflavored Whey Isolate Protein Powder
- 1/4 cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced (optional)
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper, to taste

### DIRECTIONS:

1. Prepare Your Blender: Ensure your blender or food processor is clean and ready for use.
2. Combine Ingredients: In the blender or food processor, add the unflavored Whey Isolate Protein Powder, extra-virgin olive oil, balsamic vinegar, Dijon mustard, minced garlic (if using), dried oregano, a pinch of salt, and a few grinds of freshly ground black pepper.
3. Blend Until Smooth: Blend the ingredients until you achieve a smooth and creamy consistency. You may need to scrape down the sides of the blender or food processor and blend again to ensure everything is well combined.
4. Taste and Adjust: Taste the dressing and adjust the seasonings to your liking. You can add more salt, pepper, or herbs if needed.
5. Store and Serve: Transfer the protein-packed salad dressing to an airtight container or a salad dressing bottle.
6. Refrigerate until ready to use. Shake or stir before drizzling over your favorite salad.



Featuring MariGold  
Unflavored Whey Isolate  
Protein Powder  
([MariGoldFoods.com](http://MariGoldFoods.com))

