



PROTEIN-PACKED SMOOTHIE BOWL

High Protein / Keto-Friendly / Gluten-Free / Lactose Free

Recipe featured on MariGoldFoods.com

INGREDIENTS:

- 1 scoop of MariGold Grass-fed Whey Isolate Protein Powder (Creamy Vanilla, Rich Chocolate Malt, Strawberry Sundae, Peanut Butter, or your preferred flavor)
- 1 cup unsweetened almond milk (adjust for desired thickness)
- 1 handful of fresh spinach leaves
- 1/2 cup ice cubes (adjust for desired thickness)

Toppings:

- Sliced strawberries
- MariGold Sweet & Salty Cashews
- A sprinkle of MariGold Matcha Green Tea powder (or desired amount)
- Additional toppings (optional): shredded coconut, chia seeds, or a drizzle of nut butter

DIRECTIONS

1. In a blender, combine the Grass-fed Whey Isolate Protein Powder, unsweetened almond milk, fresh spinach, and ice cubes.
2. Blend until the mixture is smooth and creamy. You can adjust the almond milk quantity to achieve your preferred thickness.
3. Pour the smoothie mixture into a bowl.
4. Top with sliced strawberries, Sweet & Salty Cashews, and a sprinkle of Matcha green tea powder.
5. Add Extra Toppings (Optional): If desired, you can further enhance your smoothie bowl with additional toppings like shredded coconut, chia seeds, or a drizzle of your favorite nut butter.
6. Grab a spoon and dive into your Protein-Packed Smoothie Bowl. Enjoy the burst of flavors, textures, and the boost of protein and antioxidants!



Featuring MariGold
Whey Isolate Protein Powder,
Matcha Green Tea,
and Sweet & Salty Cashews
(MariGoldFoods.com)

