

PROTEIN-PACKED SMOOTHIE BOWL

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

Recipe featured on MariGoldFoods.com

INGREDIENTS:

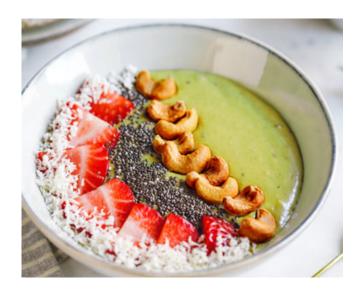
- 1 scoop of MariGold Grass-fed Whey Isolate Protein Powder (Creamy Vanilla, Rich Chocolate Malt, Strawberry Sundae, Peanut Butter, or your preferred flavor)
- 1 cup unsweetened almond milk (adjust for desired thickness)
- 1 handful of fresh spinach leaves
- 1/2 cup ice cubes (adjust for desired thickness)

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

- 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.
- 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)

