



STRAWBERRY MINT PROTEIN SMOOTHIE

High Protein / Gluten-Free / Refined Sugar-Free / Low-Carb

Recipe by @low.carb.lizzie and
Featured on MariGoldFoods.com

INGREDIENTS:

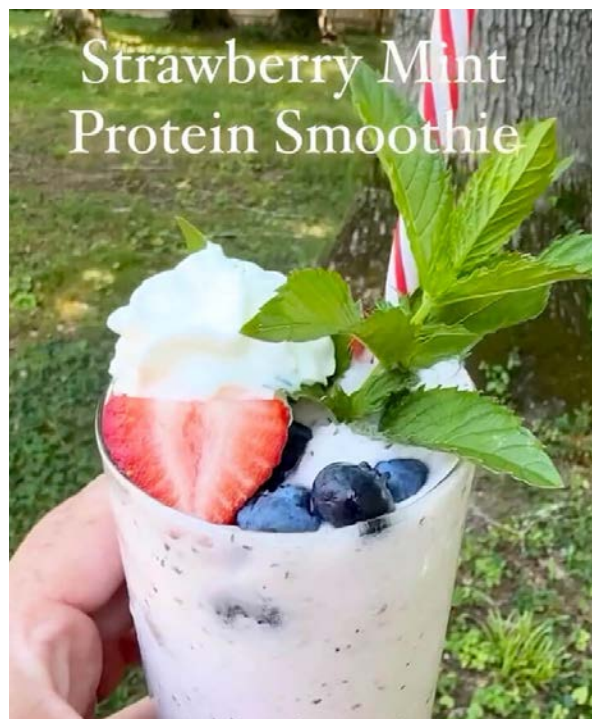
- 1 can (14 oz) coconut cream
- 12 oz unsweetened almond milk
- 4 scoops of [MariGold Grass-Fed Strawberry Sundae Whey Protein Isolate](#)
- A handful of fresh mint
- Lots of ice for that icy chill

Toppings (optional, but highly recommended)

- Fresh sliced strawberries
- Blueberries
- Sugar free whipped cream
- Sprig of fresh mint

DIRECTIONS

1. Blend all ingredients together in a blender until smooth.
2. Top with slices of fresh strawberries, blueberries, a little whipped cream (optional) and a sprig of fresh mint.



Featuring MariGold
Strawberry Sundae Whey Isolate
Protein Powder
(MariGoldFoods.com)

