



## STRAWBERRY POWER PARFAIT

High Protein / Gluten-Free / Blood Sugar-Friendly / Low Sugar / No-Bake

Recipe by Debbie (@debsnourishedkitchen) and

Featured on MariGoldFoods.com

### INGREDIENTS:

- $\frac{3}{4}$  cup plain yogurt (i.e. Skyr Icelandic style yogurt)
- 1 scoop MariGold Creamy Vanilla Whey Isolate Protein (11g protein)
- 6–8 fresh strawberries, chopped
- 1–2 tsp MariGold Allulose (for macerating)
- 1 MariGold Peanut Butter Fat Bomb, chopped (10g protein)

### DIRECTIONS

1. In a small bowl, stir together yogurt and vanilla whey protein until smooth and creamy.
2. In a separate bowl, mix chopped strawberries with allulose and let sit for 5–10 minutes to macerate.
3. In a glass or jar, layer half the yogurt, then half the strawberries, and sprinkle with some chopped peanut butter fat bomb.
4. Repeat the layers and top with the remaining peanut butter fat bomb bits.
5. Enjoy immediately—or chill for a few minutes to let the flavors meld.



Featuring MariGold  
Creamy Vanilla Whey Isolate,  
Peanut Butter Fat Bombs,  
& Allulose  
(MariGoldFoods.com)

