



THE SUMMER GLOW-UP FRUIT BOWL

High Protein / Gluten-Free / Refined Sugar-Free

Recipe by Debbie (@debsnourishedkitchen) and

Featured on MariGoldFoods.com

INGREDIENTS:

- 2 to 3 cups fresh strawberries, sliced
- 2 cups seedless green grapes
- 2 cups fresh blueberries
- 6 mandarin oranges, peeled and sectioned
- 2 scoops [MariGold Creamy Vanilla Whey Isolate Protein Powder](#)
- 1 cup plain Icelandic Style Skyr high-protein yogurt (or plain Greek yogurt)

DIRECTIONS

1. Wash and prep all fruit: slice strawberries, remove any stems, and peel mandarins.
2. In a medium bowl, whisk together the yogurt and whey protein until smooth and creamy.
3. In a large mixing bowl, combine all the fruit.
4. Pour the vanilla yogurt cream over the fruit and gently toss to coat.
5. Chill for 15–30 minutes before serving.



Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldFoods.com)

