



## THREE INGREDIENT ICE CREAM COOKIES

Collagen-Rich / Low Calorie / Dairy Free

Recipe by Maria (@purely\_healthy\_living) and featured on MariGoldFoods.com

### INGREDIENTS:

- 1 ½ cup of gluten free raising flour
- 2 scoops of MariGold Peanut Butter Collagen Peptides
- 1 (473ml) whole pint of dairy-free caramel ice cream
- Optional: Sugar-Free Glaze

### DIRECTIONS

1. Preheat the oven at 350F.
2. Mix all dry the ingredients in a large bowl.
3. Add the melted ice cream and stir until completely incorporated.
4. Add the wet ingredients and mix until fully incorporated.
5. Create 12 cookies and place them on a baking tray.
6. Let them sit in the fridge for 15 minutes.
7. Bake for 10 minutes. Drizzle sugar-free glaze and enjoy!

### For the Sugar-Free Glaze:

- 1/2 cup of powdered monk fruit
- 1 tsp of vanilla extract
- 2-3 tbsp of unsweetened almond milk

Mix all ingredients in a bowl



Featuring MariGold  
Peanut Butter Collagen Peptides  
(MariGoldFoods.com)

