



## TWO INGREDIENT CHOCOLATE PROTEIN PUDDING

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

Recipe by @healthy.mom.healthy.family  
and featured on MariGoldFoods.com

*"This dessert is a breeze to whip up and is packed with protein goodness. It's perfect for a post-workout treat or a late-night snack."*

- @healthy.mom.healthy.family

### INGREDIENTS:

- 1 cup Cottage Cheese
- 1/2 Cup MariGold Rich Chocolate Malt Whey Isolate Protein Powder

### DIRECTIONS:

1. Add cottage cheese and protein powder to a food processor and process until well combined.
2. Refrigerate mixer for at least an hour, then serve with optional toppings: yogurt, whipped cream, or fruit.



Featuring MariGold  
Rich Chocolate Malt Whey Isolate  
Protein Powder  
(MariGoldFoods.com)

