



IRISH CREAM COOKIE PROTEIN PARFAIT

High-Protein / Collagen-Rich / Gluten-Free

Recipe by Maria (@purely_healthy_living)
and featured on MariGoldFoods.com

INGREDIENTS:

Irish Cream

- 2 scoops of Marigold Hot Cocoa Collagen Peptides
- 1 cup of vanilla greek yogurt
- 1 tbsp instant coffee
- 1 tsp of vanilla extract
- 1/8 tsp of almond extract
- 1/2 tsp of rum extract

Parfait

- 1 cup of coconut whipped cream
- Sugar-Free chocolate syrup
- 2 chopped Marigold Cookie Dough Nuggets

Toppings

- Cacao Powder
- More Cookie Dough Nuggets



DIRECTIONS:

1. Mix the ingredients for the Irish cream layer.
2. Pour half of Irish cream mix into a cute cups and add a layer sugar-free chocolate syrup, whipped cream and cookie dough nuggets.
3. Repeat this step with each layer.
4. Top with leftover cream and leftover cookie dough nuggets.
5. Enjoy!

Featuring MariGold
Hot Cocoa Collagen Peptides &
Cookie Dough Nuggets
(MariGoldFoods.com)

