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## Healing Shrinker (FP)

*The "Healing Shrinker" is a variation of our recipe that went viral "The Shrinker". Here's why - as it's name suggests, this drink helps shrink your fat cells. The combined thermogenic boosting ingredients promote energy and speed up your metabolism. The "Healing Shrinker" uses even more healing ingredients such as gelatin, collagen, MCT oil and sunflower lecithin that will help to heal your body inside and out. Remember this is not a meal replacement, keep up your regular THM meals and snacks, but it is designed to be sipped between set times of eating. It helps resist the urge to graze, scarf, or over-snack.*

### INGREDIENTS:

- 2 oolong tea bags
- 12 oz water (boiling water)
- 1/2 tsp THM Just Gelatin
- 1 tsp THM Integral Collagen
- 1 tsp THM MCT oil
- 1/4 tsp THM Simply Sunflower Lecithin
- 1 generous pinch mineral salt (1 to 2 pinches)
- 1 tsp vanilla extract (1 to 2 tsp)
- 2 doonks THM Pure Stevia Extract Powder (to taste; 2 to 4 doonks) or (2 to 3 tsp of THM Super Sweet Blend) or sweeten to your own taste
- 1/2 tsp cinnamon (ground; 1/2 to 1 tsp)
- 1 pinch cayenne pepper (ground; 1 to 2 pinches)
- 1/2 cup water (cold water)
- ice cubes (enough to fill the quart jar)
- water (cold water)

### INSTRUCTIONS:

1. Steep the tea bags in a mug of boiled water, discard the tea bags.
2. When the tea has cooled down a bit, but is still warm, stir the gelatin into the cup of tea. Stir very well.
3. Pour the tea and gelatin mixture into a blender along with the collagen, MCT oil, sunflower lecithin and 1/2 cup of cold water.
4. Add the salt, vanilla, sweetener, cinnamon and cayenne pepper.
5. Blend well. This makes an ultra-creamy shrinker.
6. Place the concentrate in a quart jar and fill to the top with ice cubes. Add enough cold water so the liquid reaches the top of the jar. Put a lid on the jar, shake well, then taste and adjust flavors. "Own it!!!!"

This and other delicious THM recipes can be found at  
[www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)