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Collagen Berry Whip (FP)

Yay! A frozen berry whip that our dairy-free Mamas (or purists who don't eat pasteurized dairy) can dig into with glee! This is also a trophy recipe for those who have hyperprolactemia (see the "Heads Up: Turtle Losers!" chapter in Trim Healthy Mama Plan) or who have thyroid antibodies and need to stay away from dairy, but find that very hard to do. This could be the ticket that takes a plateaued Mama—stagnating because she is overdoing offending foods for her unique system—and puts her back on the road to healthy weight loss. This recipe is found in the "Sweet Treats - Frozen Treats" section of the Trim Healthy Mama Cookbook, page 375.

Single Serve Recipe

INGREDIENTS:

- 1 tsp THM Just Gelatin
- 2 Tbsp water (cool)
- 2 Tbsp water (very hot)
- 1/2 tsp THM Simply Sunflower Lecithin
- 2 pinches mineral salt
- 1 tsp THM Super Sweet Blend (1-1.5 tsp THM Super Sweet Blend or 2 doonks Pure Stevia Extract)
- 1 scoop THM Integral Collagen
- 1/2 lemon (use juice of a half of a lemon)
- 1 cup frozen raspberries (or mixed berries, if you use straight blueberries, you will be in E territory and that's cool if you mean to)
- 1 tsp THM MCT oil (optional, use 2 teaspoons if full snack, not dessert)

INSTRUCTIONS:

1. Put a ceramic bowl in the freezer to chill. Put the gelatin in a large cup and add the cool water. Stir, then add the hot water. Stir until completely dissolved.
Add all the other ingredients to the cup with the gelatin except the berries and MCT oil (if using). Stir well to combine.
2. Put the frozen berries in a food processor and process to break them down, but don't overdo it. Stop the processor, add the gelatin mixture, and quickly begin processing again so that the gelatin doesn't harden into a clump. Process and whip together until smooth.
3. While the processor is running, add the oil (if using). Turn off, push any mixture that could have flung up the sides of the bowl back down close to the blades, and process for a tad bit more.
4. You are ready to serve. Don't worry if it looks a little thin and melty at first. By the time you put it into your chilled bowl and go get your spoon, it will have naturally started to thicken because of the gelatin.

This and other delicious THM recipes can be found at
www.TrimHealthyMembership.com