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Collagen Creamed Spinach (FP)

Serene Chats: "This would have to be my all-time favorite veggie side to any main dinner dish. I love it so much that I can eat the entire thing meant to serve two (spinach loving weirdo that I am). I don't make this particular side for my children as spinach is not appreciated by them nearly as much but my husband is crazy about it too. We happily let our children have home made bread and a glass of raw milk as sides while we blissfully eat this, glad they're not interested in stealing our good stuff!"

Serves 2

INGREDIENTS:

- 10 oz frozen spinach (chopped)
- 6 Tbsp water
- 2 tsp THM MCT oil
- 1 Tbsp Pecorino Romano cheese (grated, or Parmesan cheese)
- 1/4 tsp mineral salt
- 1/8 tsp black pepper
- 1/2 tsp onion powder
- 1/8 tsp garlic powder
- optional: cayenne pepper (to taste)
- 1/2 Tbsp nutritional yeast
- 1 scoop THM Integral Collagen
- optional: 1/8 tsp THM Simply Sunflower Lecithin
- 1/2 cup frozen okra (diced, or 1/8 tsp glucomannan)

INSTRUCTIONS:

1. Place the spinach in a medium saucepan with the water and bring to a boil over high heat. Cover, turn the heat to low, and simmer until cooked, about 5 minutes. Pour the excess water from the saucepan into a blender, leaving the spinach in the saucepan.
2. Place the oil, cheese, seasonings, nutritional yeast, collagen, lecithin (if using), and okra in the blender and puree until perfectly smooth. (If using Glucic instead of okra, sprinkle in the Glucic instead of adding all at once.)
3. Pour the puree into the saucepan with the spinach and, over medium heat, reheat the mixture. Stir, taste, and adjust the seasonings to "own it."

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