



trim healthymama™
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TrimQuik (FP)

Why buy NesQuik when you can enjoy TrimQuik? Now you can whip up protein-rich chocolate milk anytime you want in a flash. It's fabulous mixed with unsweetened almond milk or cashew milk. If you have growing children without weight issues, they can enjoy this with regular milk (raw whole milk being the most optimum for them). This recipe is found in the "Condiments and Extras - Dry Blends" section of the Trim Healthy Mama Cookbook, page 494.

Serving Size: Multiple

INGREDIENTS:

- 1/2 cup THM Gentle Sweet
- 1/2 cup unsweetened cocoa powder
- 1/2 cup THM Pristine Protein Powder (or 1/4 cup whey protein and 1/4 cup THM Integral Collagen)
- 1/4 teaspoons mineral salt

INSTRUCTIONS:

1. Place all the ingredients in a blender and blend until smooth. Store in an airtight container in your cupboard.

Recipe Notes:

Serving Idea

For easy chocolate milk, combine 2 & 1/2 to 3 tablespoons TrimQuik with 1 large glass of milk in a blender, and spin until smooth and frothy. If you do not want to blend, put the TrimQuik in a glass with 2 tablespoons milk, stir well until blended to a paste, then add the rest of the milk, stirring again until smooth!

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