



trim healthymama™
© 2015 Welby Street Press LLC Unauthorized use prohibited. *Property of TrimHealthyMembership.com



Boosted Arnold Palmer Sipper (FP)

There is a brand new sipper drink in our new book Trim Healthy Table that we're excited for you to get making. It is called "Hello Health Sipper" and it uses [Baobab Boost Powder](#) and capsicum (sweet red pepper) to improve both your weight loss and health benefits in so many ways. Please check that delicious recipe out on page 453 but if you don't have the book yet, we want to get you started on another sipper using baobab powder. Boosted Arnold Palmer Sipper uses very few ingredients and tastes like a delicious and refreshing glass of sweet lemon tea! You can read about the incredible health giving benefits of baobab [here](#) but if you've been listening to the [Trim Healthy Podcasts](#), you already know that baobab is a Vitamin C powerhouse boasting one of the highest Vitamin C contents of foods in the world! You need plentiful levels of Vitamin C in your body in order to push through weight loss stalls and it is crucial for the health of your adrenals. Baobab also helps regulate blood sugars, balance insulin, boost metabolism, curb appetite, and reduce gut inflammation. It does all this with a yummy, natural citrusy flavor.

The other star of this drink is [oolong tea](#), which you are already familiar with if you are sipping "The Shrinker" frequently! Oolong is the most powerful fat burning tea on this planet while also helping to lower blood sugar levels, combat aging, improve brain power, and it contains antioxidants which destroy free radicals. These two ingredients paired together and sipped on throughout the day will keep you hydrated and energized as well as provide incredible health and fat burning benefits!

Makes a 1-quart serving. (Can be doubled for 2-quart sipping.)

Ingredients:

- 2 [Oolong Tea](#) bags
- 2 Tablespoons [baobab powder](#)
- 3 – 4 doonks (or roughly 1/8 teaspoon) [Pure Stevia Extract Powder](#)
- Water
- Ice

Instructions:

1. Steep tea bags in a mug of just off the boil water until the tea has cooled down.
2. Pour tea into a 1-quart mason jar, add baobab powder and stevia and stir super well. Add water and ice to fill to the top if you want to sip out of the jar. Alternatively, fill with water only and pour over ice in a separate glass. (The baobab powder does settle at the bottom so you just have to stir a bit each time you pour a glass.)

The *Boosted Arnold Palmer Sipper* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.