



trim healthymama™
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Trim Mint Trimmy (FP)

This delectable Trim Mint Trimmy might just remind you of those calorie-laden cookies the girls in green sell every year! Only this delightfully minty treat will not cause you to feel one bit guilty - even if you drink more than one! This recipe was first featured in the Trim Healthy Living EZine, Edition #13, and is a single-serve recipe.

Serving Size: Single-Serve

INGREDIENTS:

- 10 oz peppermint tea
- 2 tsp unsweetened cocoa powder
- 1 tsp [THM Integral Collagen](#)
- 1 tsp [THM Pristine Protein Powder](#) (unflavored)
- 1 tsp [THM MCT Oil](#)
- 1 tsp [THM Super Sweet Blend](#)
- 1 or 2 drops essential peppermint oil (optional)

INSTRUCTIONS:

1. Blend!

The [Trim Mint Trimmy](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.