



## Trim Healthy Podcast with Serene and Pearl

### Episode 68 - Joy Grabber or Frowny Perfectionist

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny

[00:00:00]

S This is the PODdy with Serene.

P And Pearl

S Get it right, P- O -D- D -Y.

D Trim Healthy Mamas and men welcome back to the greatest podcast I've personally ever heard, the Trim Healthy Podcast with Serene, Pearl and myself and have we got a show for you.

S We do and I wish that you guys had this on visual, video, visual, because...

P Danny's grown his hair.

S Danny's waiting for a haircut. He's waiting for this really trendy hairstyling place to open up.

P I'm going to snap a pic right now.

S It's almost a little bit of that... Who is that like exercise trainer.

P Danny...

S From the...

P Oh, Richard Simmons, he's the best.

S Richard Simmonsey, a bit of curl at the coggies.

D The compliments just keep coming.

P Buff your hair, Danny.

S It's really awesome nonetheless. You could get lost in it.

D Richard Simmons though, is that the comparison we're going with? That's the one.

P The hair is very similar. I'm just saying that you have dark. He has maybe copper, light brown.

D Oh, Serene and Pearl, it's such a pleasure to be here.

S Where the shorts over the jeans, do not wear them without the jeans.

D That would blind someone.

S Okay, so what are we talking about today people?

P Oh, I want to talk about something then and some of the ladies actually asked us to do a PODdy on this just a couple of days ago. I did a little post on the group and I snapped a picture of my meal.

S Because she's a good girl and she does things like that, right.

P Yes, I'm on Facebook. I actually interact Serene. Oh, I took a picture of my meal and I said that there were, you know, some nuts on my salad. It was a beautiful salad and I said it might've been coated in something. They weren't sweet though. I just chose to eat them anyway because I'm not a THM perfectionist. I'm a THM Joy Grabber.

S Oh, I love it Pearl.

D Joy grabber

S Speak it. Speak it.

[00:01:45]

P So hashtag Joy Grabber today... #joygrabber How do we grab joy versus being a really frowny perfectionist, right?

S Let the organs play. Let the organs play. This is a Hallelujah moment.

D Joy grabber

S Why are we making life so serious?

P I know.

S Like big... I mean okay if you had the choice over the non-coated wierded nuts, then okay choose the good stuff, that's great. But hey, if you're wanting to go without any crunchies on your salad just because it isn't so perfect that might be like...

P It might be you're missing out on the Vitamin P for pleasure.

S Yes

P We're not talking about that I was joy grabbing with salt and vinegar potato chips.

D Joy grabber

S Because that's actually, do you know what that is, that is death grabbing.

P That's death grabbing.

S That's fat grabbing.

D Death grabbing

S That's roly-poly sides grabbing. Go on Danny.

D That was a little stretch.

P Well come on, she said roly-poly sides...

D Roly-poly sides grabbing

S That's really Richard Simmonsey if you've got a record deal.

D This is starting off great guys. Lots of content on this one.

P This was supposed to be our best PODdy ever. We're redeeming ourselves from last week.

D That's true. Let's rock.

P But no, I mean Serene you're so right. I mean there's death grabbing and there's joy grabbing. Joy grabbing is when you're on plan and you're doing it the best way you know how, right.

D Joy grabbing

P Okay, that will be enough now. You had your moment. We gave it to you and now it's done.

S We're joy grabbing Pearl. Don't take his joy.

D Keep me out late.

S What were we talking about?

P Joy grabbing

S Good, we're talking about...

P The difference between death grabbing and joy grabbing.

S Yes, that's true. That's true, there is a difference because you can't take this joy grabbing too far. It can't be your ticket to go be a fool, right. Sorry, Danny's on the floor, rolling and rolling. No, Tim you're not allowed to edit this. Tim, this is all good. This is joy.

[00:03:52]

D I'm in. No, I'm in. I'm here. I'm present.

S This is joy grabbing.

D Oh, man.

S Pearl, you'll never forget when we used to sing, right.

P Yes.

S No one will ever think that after hearing last week's PODdy, but...

P Okay.

S Remember when we get the giggles. So have some little bit of compassion for Danny because you've been there before.

P I've been there.

S Record companies have been like walking out and so super mad because it was like they came to do the big like let's hear the girls and we got the giggles.

P And we couldn't stop.

S We couldn't stop for hours and it was so funny to us. It was so not funny to everyone else.

P It's funny that Danny had to get the giggles on the same days as Richard Simmons here, because Richard Simmons giggled a lot. But all we're saying is where are you on your journey. Are you frowny and trying to be a perfectionist, right? Whereas joy is so important for let's list the things it's important for. For your metabolism.

S Oh, majorly

P Big time, if you're frowning and down in the dumps and trying to be such a perfectionist

S You're holding onto those calories.

P Do you know that your metabolism can actually tank through doing that?

S Do you know that your cortisol is completely like turned on blaring and says please let me stick some fat onto your middle and keep it there.

P That's what happens when you're downy and frowny and that's what happens when you're trying to be a perfectionist.

S And you can't stand your life and your children think that you're mean.

[00:05:21]

P So in this Trim Healthy Mama journey have joy. I mean it...

S Joy

P Positive thinking of course

D Joyne.... journey.... was that on purpose?

P Yes, I mean like you might say well hold on this is hard because I'm not used to making breakfast and what they tell me I have to have like protein in the morning and...

S What, she's telling me I can only have 12 raisins in my Sweatpants Oatmeal?

P Yes.

S Hey, but that's the fine line between joy grabbing and death grabbing, right. There is the 12<sup>th</sup> and 13<sup>th</sup> raisin.

P Oh, yes, but the joy is, oh man, I get to eat all these incredible foods.

S Yes

P And I am just going to rock it today. I have so many wonderful choices and then, you know, so you do your breakfast with joy. You don't like go to eat the Pop Tart or whatever because that's death grabbing, yes. But then you go out to lunch and you go out with friends and co-workers maybe and they're having, you know, at a restaurant maybe.

S And maybe it's not grass-fed beef. Maybe it's not.

P But you're joy grabbing.

S It's not.

P You're joy grabbing.

S You're not taking out of your cooler your special little prepared...

P Which Serene has done.

S Grass-fed beef, right. I've been death grabbing before with my health food.

P Yes.

S It was an anniversary, okay, it was like special to my husband. He's like please let me take you out and I never liked to go out to restaurants much because I couldn't eat my perfectionist food. I'm like yes, it's our anniversary, I'd love to. but I brought my little brown paper baggie of like dehydrated sprouted hockey pucks.

[00:06:32]

P Yes, that was death because you couldn't enjoy that night.

S And I sat there and he had to sit next to me like this is my weird wife while I ate my dry hockey pucks.

D Out here death grabbing

S That was death grabbing even though...

P So there's different ways of death grabbing, right. So you could at that restaurant do your best, do your THM stinking best, right.

S Enjoy people and own it.



P Be with your friends. Don't be a weirdo who can't eat anything at the restaurant. You take me to any restaurant I can find something that's reasonable.

S Can I just tell you that I really have come far?

P Yes.

S The other day, right, we were going out in town. I was my normal organised foodie self. So I prepared little zippies of food because I didn't know how long we'd be out and I had prepared this kefir Yuck Yum Bitty and it was in my little tiny cooling satchel and it was all great. And my family is like let's go to Mexican for lunch.

P Okay.

S So we went to Mexican and I had my little satchel in my purse and I thought to myself well let me eat my kefir smoothie because it is way better super foodie and it's way healthier.

P Yes, I could see you doing that.

S Or I could think to myself my children could see me joining in and eating this like...

P I know and it's big to them.

S Factory raised junk meat like completely like chickens were on meth.

P That's the way your brain thinks, right.

S Yes, yes, yes.

D Meth grabbing

S But you know what, I joy grabbed and I said to myself I can eat that kefir smoothie tomorrow and I ate me some of that deranged meat.

P It was probably better for your health.

S And I had such a great time and my children loved it that I was like eating with them and I had so much joy. I joy grabbed myself to better health.

P Absolutely

D I'm ordering it that way from now on.

P You did.

D Yes, Juan Pablo, I'd like the deranged meat and the corn tortilla to keep it on plan, thank you. Does that even... I'm sorry.

P No, no but they could try. But all I'm saying is, you know, maybe you order something and you taste the dressing, right, and it's like a little bit sweet and you're like oh no, I'm a THM failure. I can't eat this. I might as well... I'm just going to eat my salad dry and it's going to be disgusting but I'm going to do it because I don't want to go off plan.

S Yes

P I mean come on.

[00:08:35]

D Yes, death grabbing.

S Let's talk about our weekend, Pearl.

P You don't need to be like that.

S And our joy grabbing meatloaf and how we told ourselves... You go for it.

P This is hilarious.

S Because I can't even breathe right now because there's a dead rat in our PODdy cabin and it's like I can't take a good breath right now. Pearl, you talk about the story for a little bit.

P It's just weird that you throw things out and then never explain them. Do you know that Serene does that the whole time? Half PODdies I'm explaining what she says. Half the time.

S We walked in and there's a dead rat somewhere. We can't find it.

P We're calling it a rat. It could be a mouse.

S It could be a possum.

P It smells like death.

D It could be anything.

P Okay, so Serene and I were at this retreat and some of the ladies listening were at the same retreat, Serene.

S Hello people

P We had a good time. But they had really good food at this retreat. I mean it's just basic, simple food. Lots of good salads and then protein

S It's great.

P And what was it the last on the Sunday before we left, the Sunday lunch?

S It was in the evening.

P Oh, okay so I don't remember. It doesn't matter to you out there listening.

S It was 5:30 point such and such seconds.

P They had this wonderful meatloaf.

S Oh, yes

P And Serene said Pearl you're eating the meatloaf. I said yes, Serene it tastes exactly like the one in our Trim Healthy Mama cookbook. They've got the recipe for it.

S Yes

P And because I just knew it was, you know, my Pearl's Meatloaf with the salsa, it was the same density. Serene tested it and she's like yes.

S Yes, it's got glucie in it. I could taste it.

P It's the one.

S Oh, it's the oats. Oh yes, this is a healthy meatloaf.

P Serene's like Pearl you put oats in yours, right, and I'm like yes, I said it's beef. It's beef and look, because they were really trying hard because there were a lot of Trim Healthy Mamas there for the retreat and I'm like they've done my recipe, Serene. So Serene and I were starving and we both chowed down.

S I had two or three pieces.

P We were really hungry and we...

S Vitamin P

[00:10:13]

P We were just like isn't this just the best, yes.

S And there were some other Trim Healthy Mamas that had come along with us, family members.

P Yes.

S And they were disdainful, looking down their noses, oh it might be pork they said.

P We found out later.

S It might be pork. And ooh, it's deranged meat. And they had cold salad only.

P They didn't eat their protein.

S No protein and they were starved and went to bed hungry and...

P Well we found out later it was pork and it was full of all sorts of breadcrumbs and all sorts...

S Full of additives, but I tell you what, we lost weight that night because of the happiness.

[00:10:42]

P No we decided once we heard that we're like no, it wasn't pork and breadcrumbs to us. It was totally my recipe and well let's keep it that way.

S We knew the real facts in our head, but we're just like the joy of that story was still we kept that joy.

D You joy grabbed like level 10 joy grabbing.

P We didn't let them take our joy. Oh, I'm telling you.

D Joy grabbing

S While we ate it it was Pearl's meatloaf, so we don't care what it is now.  
While we ate it it was yum.

P Yes and so, you know, all that to say, I mean...

S We're not going to go barf it up.

P No

D Because this would be a totally different podcast if that's how this story ended.

P No man, it's just there's so much joy to be had and it's in our attitudes and when we get to be perfectionists... Listen, Serene doesn't go off plan but she's joyful in her plan, right.

S Listen, if it was more joyful to go off plan I would from time to time. I'd eat custard all day Christmas.

P But she doesn't feel the joy when she goes off plan.

S Because well it's just that I've got so many joyful things to have on plan.  
Oh my goodness, I love Treeces, I do, the Trim Healthy Treeces.

P Yes, from the...

S I could eat 50.

P The cookbook before this one, the last cookbook

S And my daughter now melts down the 85 chocolate at the bottom and just does the peanuts stuff on top. Oh my goodness, that's my Christmas. Like my joy for Christmas is just to have a crazy amount of those.

P Yes.

D What's a Treeces?

P You work for the company, right? I'm going to ask you this question. I've asked you it many times, many, many times Danny. Okay, be prepared with your answer.

D Okay

P Have you ever read any of the Trim Healthy Mama books?

D I've rocked at least a page.

P Yes, there we go. Well then you do not deserve an answer what's a Treece.

S We're joy grabbing in this PODdy Pearl.

P I'm sorry.

S We're joy grabbing.

P You did.

D Pearl, come back. Pearl, come back. Put the knife down.

P I was death grabbing. Oh!!!

D You shame grabbed.

P I shamed it. I shamed you.

D I have been shummed

[00:12:35]

P But listen, sometimes we shame ourselves, right, with little choices that just... We're living life. Let's not do this as Sergeant Majors. Let's just do this as joyful people on a journey. We're making this doable. We're making this sustainable. Sometimes things aren't perfect. Keep the joy.

S And the one thing we're not going to have condemnation over and that we're not going to be like wearing the shame is food.

P I know.

S Food is just a very little thing on the whole spectrum of life and death.

D Yes, of all places.

S Well actually it's huge. It can kill you, but when you balance it between joy grabbing and death grabbing and you walk that balance nicely you're not going to let oh oops it was pork, oh oops there was a sugar dressing, oh oops I treated myself all day Christmas, who cares, or every Saturday. I mean...

P And for those of you that eat pork, more power to you. We're just not big pork eaters. So to us that was like, yes.

S Yes

D Pork comes from the pig.

S Well it is deranged pork I'm sure.

P Deranged, yes.

[00:13:40]

S Yes, if it's their grass-fed pork belly one then that would be fine.



Announcer Hey Mamas, do you have a question for Serene and Pearl? Send your email to [support@trimhealthymama.com](mailto:support@trimhealthymama.com).

D How about we go to some questions?

P Yes.

D Alright, hey, Pearl, Serene and Danny, I look forward to listening to the PODdies each week and I always get a new boost of motivation and inspiration. My husband has recently joined the PODdy Club and listens while he's at work!

[00:14:51]

S So he's got the question. Okay, we're getting ready for the question.

P What's her name by the way?

D Whitney B

P Whitney B, love you Whitney.

D He told me the other day while listening – he works construction – that he was walking around with ear buds in with a big smile on his face. He was trying not to laugh 80% of the time because he was enjoying it so much. Who knows what the other guys on the job were thinking. So congrats Danny, you have another man fan. Whitney B.

S And the question Danny?

D No, that's where it ends actually.

S Oh, he's joy grabbing for himself.

P You were just joy grabbing it like a question that wasn't a question.

D No, that was like a group praise. That was like a podcast praise...

P That was a full on Danny praise.

D Hey, people wrote it in.

S He was “joy grabbing”.

D I represent the people.

S Next question

P I still love you Whitney, that was cute, but okay go Danny.

D Alright, Danny Valdes, your “what if you could”...

P Oh, what?

D Has inspired me daily. I’m running my first 5K tomorrow, my 39<sup>th</sup> birthday. Happy Birthday. And that’s what it’s about for me. I’ve never been a runner in my entire life but I thought what if I could run and I found I really love it! THM has made so many things click for me, really a spiritual experience. Thank you!!

P Okay, so that didn’t obviously have a question either.

D No, just she was stoked and kind of made me pumped.

S What if you could like... The Hulk is trying to come out of the “what if you could” shirt right now, you know.

[00:15:45]

P Oh, the Hulk

S The Danny, the Danny Hulk, he’s trying to like “what if you could”, like he’s shouting his praise to all his “what if you could-ers”.

D Hey, you 'all keep “what if you could-ing” it.

P I think I'm not going to ask for any more questions from you because they're going to be more Danny praise reports from tonight...

D That was a group. That's a group praise.

P Yes, I like it. I do. I have to like it.

S Yes, I do like it.

D So what if it was my name start to finish.

P But no questions were answered. So let's go onto the Super Food Spotlight.

Announcer Trim Healthy Mama Super Food Spotlight.

P Matcha, oh my goodness, matcha is rocking my world.

S Our fat burning maniac it is.

P Matcha tea, if you guys don't know what matcha is it is a green tea but it's grown differently. It's grown in the shade which keeps more of the chlorophyll in the leaves.

[00:16:42]

S Naturally sweet

P It is and it is completely ground up, so it's ground up into a powder. Now so all of its incredible health benefits, and we're going to talk about those, you get because when you put a teaspoon of matcha in your mug and then, you know, make your hot tea with it you are getting everything. You see when you steep a teabag, tea is awesome, like green tea or oolong tea and

we promote those, we're like they rock, you only get about 20 to 30% max of the nutrients in that tea.

S Yes

P But with matcha you get 100%.

S Yes, 100% of the carcinogenic, anti-carcinogenic compounds that just like make the cancer cells die.

P It's one of the most powerful cancer fighting things in the universe.

S Completely and inhibits, so it kills the cancer cells that are there and inhibits the growth of new cancer cells. Incredible stuff, so rich in antioxidants. It's actually the second food just under baobab.

P So baobab on the ORAC value... Have you all heard about the ORAC? It's a test for antioxidant levels in food. So baobab as you know, THM Baobab Boost powder is 1,400, that's the highest in the world. Well second is matcha and it has like 1,300, around 1,360 something like that. It's just under. So wouldn't it be incredible to incorporate those two foods every day? That's what I've been doing.

S And it's so good. For those just, you know, interested in the weight loss part of Trim Healthy Mama, oh my goodness, matcha really revs the metabolism. It is a fat burning... like I said, fat burning maniac of a drink.

P Yes, it is and it's up there oolong and matcha are the two fat burning teas.

S And it also gives energy, incredibly but with such a gentle curve, such it's not like the big, you know... We're all about coffee too, it's a great food, but some people just can't handle it. It just revs them too much.

P Well like Danny here, coffee just ruins him.

S And me too when I'm pregnant, like I'm just so sensitive to the caffeine.

P But what matcha does is it does have a small amount of caffeine but the theanine in it balances it out and the... What is it's called... It's just called an energetic stage that it will give you an energetic feeling but that lasts for way longer than coffee too. So coffee can be like a real spike and then a roll.

S A rollercoaster

P But they say you'll get a good six hours of just a nice feeling of energy.

S I can even go to sleep straight after it.

P I can too.

S So it doesn't make me unnaturally awake.

P No and it doesn't give the jitters, because the theanine inside matcha stops the jitters.

S And it improves the immune system. I mean we could go on and on and on and we're really now making a whole PODdy about matcha, right.

P I know, but I want to talk to you about this incredible drink I make with matcha.

S Oh, it's so good.

P I want to talk about how to incorporate all these things that we say is our latest secret food.

S I've got to say one thing though, I'm interrupting you because that's what my job is as a little sister, it's known as the alert calm.

P Yes, the alert.

S That matcha gives. You feel the sense of alertness, but it's a calm alert.

P It is.

S Instead of like a psychopathic alert that sometimes coffee can give people.

P And we don't want to down coffee because I'm still... I still really enjoy coffee. Coffee is a super food.

[00:20:01]

S Me too

P It is full of antioxidants.

S But it may not necessarily for everybody. Some people are everyday-ers or more than one cup every day and it's fine, it works for them. A lot of the health studies for coffee are for people who drink three cups or more a day. Not pots. But for me it's more of like a weekend drink and I look forward to it.

P I always was a one cup of coffee person a day, sometimes two, you know, but I'm more like you know I just find I like the alert calm I feel better on matcha. So I've switched to matcha now even in the morning and the drink

that I make just rocks my world. So I'm even enjoying it more than coffee. But I do drink coffee maybe on the weekends. I'm not like denying myself coffee. I'm just enjoying matcha more. Okay, so Serene...

S Sorry, I'm eating chocolate right now.

P Serene and I are making this drink...

S Can you hear it through the mic?

P Yes, so turn your face away. Serene and I are making this drink we call Matcha Ninny. Now we are going to do a video about this but you know when I first shared my Sweatpants Oatmeal recipe it was right on the PODdy. So I'm bringing this Matcha Ninny recipe to you here, then we'll do a video if you can't quite get what we're saying. Danny is going to star in the video with us because I brought my Matcha Ninny over here for one of the podcasts and I said I want to introduce you to the best drink you will ever have in your life. Have you ever tasted matcha? And he looked so sceptical, right. Danny, get near the mic.

D Oh, I'm in.

P Mmm, yes, yes, yes

D Okay

P You're being so lazy over there on your phone.

D Well I was just writing down some really important notes for the podcasts.

P Yes, I'm sure. And I was like no, no just drink this, just tell me and he was like oh green tea, matcha, what, what and just let us know Danny.

D It was to date the best drink and I'm not exaggerating. It was better than my old Coke habit, and by that I mean Coca-Cola.

S Yes

D It did something for me. It took me back to a time just after the womb, a time when mother's milk was flowing like Mount Caramel.

P That's right. It's a hug. It's a drink. It's a hug and that comfort.

D It was a beautiful, beautiful experience if I can use that word.

S And that comes to the descriptive name, Matcha Ninny, because ninny is mother's milk.

[00:22:23]

P Well that's our name for mother's milk, like right Solace right here, she's on the Ninny.

S She's under the Ninny tent.

P She's under the Ninny tent.

D Under the Ninny tent

P The Ninny tent, now don't you all be grossed out by thinking that it's mother's milk. Mother's milk is nurturing.

D No, I mean the emotional thing that mother's milk does for you.

P It's what happens and it's experience.

D It doesn't taste like mother's milk and I wouldn't know what mother's milk tastes like. I don't remember it anymore.

S Oh, I do.



D But I remember the warm comfort of the Mom zone and man it is a special unique taste and I can't describe it.

P Okay, so here is what you do and you just tell me if this does not rock your world. Okay, so three quarters of a cup unsweetened nut milk. My favorite is cashew. You can use almond. You can use flaxseed milk.

[00:23:12]

D Now did you do cashew or almond the other day for me?

P I did some cashew for you Danny.

D Oh, I didn't know that. I'm glad I listened.

P And three quarters a cup of water. Now this is going to make you a nice big 12 ounce mug, okay, so that's why we do three quarters, three quarters, because three quarters is six tablespoons.

S And we're just budget peeps and also why use... Why use the whole thing almond milk when you can use half water.

P Yes, half...

S You know, in the end you don't even... You don't even know, so why...

P No, it's perfect. Yes, so just heat that up in a little saucepan and then in your blender put a good heaping teaspoon of coconut oil. You can even do two.

S Raw virgin, raw virgin I don't want any refined coconut oil in the Ninn, because this is a healthy Ninny drink

P Yes, this is a super food health drink.

[00:24:00]

S And you know what's in Ninny, the middle chain triglycerides...

P Middle chain triglycerides, they're in mother's milk.

S Yes, the MCTs.

P So we want to put them in this drink. And so I do a good heaping teaspoon.

Now if you want to do more, if you want to do two teaspoons and be indulgent you certainly can.

S Oh, yes for a nice, nice treat

P For a nice treat go for that. So now do yourself a good two pinches of salt in this blender. Now sweetener.

S Mineral salt

P Mineral salt you do not want to make this sweet. This is not a sweet experience, but you do have to balance the salt.

S Right, so you don't want to be tasting oh I taste sweet. No, you're tasting ninny.

P You have to taste ninny which is slightly sweet. So I do a quarter to a third teaspoon of our Super Sweet blend. If you don't have that you would use a scant teaspoon of Gentle Sweet or a slight...

S No, don't go there with the stevia, I tried it the other day.

P No, okay don't do it.

S No, no, no, don't. It's too easy to wreck it.

P What we're saying is don't over sweeten it but do sweeten it a little, got that. Now put yourself, and this is very important, listen to me now Serene.

S I'm listening sis.

P Look into my eyes.

S I'm looking right there.

P Don't overdo the matcha, Danny. It has to be a **scant** teaspoon.

D I won't.

[00:25:09]

P It can't be... You can't shove a rounded teaspoon of matcha powder in. It will taste too...

S Now if you're making a Matcha Cigar

P Yes, you could.

S Which is another drink that nobody will want except for me

P No, Serene will come out with that one.

S Well I only drink it every other morning.

D That's the next candle scent.

S That's just like straight matcha tannin. I'm going for the tannin taste.

P Yes, you see I'm not a tannin lover, so I just love this Ninny-ish and that is the very flat teaspoon of matcha powder. Shove that in your blender too. So now you have everything ready in your blender. You bring the almond milk and the water to a boil. You pour it in that blender and you give it a

little blend. Now you get a teaspoon of whey protein powder. This is optional but it makes it at the end.

[00:25:51]

D Yes, just do it.

P At the end of the blend

S But what if it's too hot and it tastes chalky?

P It doesn't. It's never done it to me Serene. Trust your sister.

S I can trust you.

P Trust me girl.

S And if you're dairy intolerant just use some collagen.

P Yes, or leave it out.

D Instead of the whey you mean?

P Yes, you could totally use collagen.

S The whey just does a fluff.

P But the whey gives a beautiful fluff. It lightens it to that earthy Ninny light green even though...

S It does change the colour.

P Even though breast milk is not green, but still...

S Danny, it does change the colour.

D But is the whey the caramel nutty kind of flavour that I'm getting? What is...

S That's the salt and sweet mate.

D Okay, okay.

P No, that's the salt and sweet. It's like the Sweatpants idea, you know, of the oatmeal.

D Yes

P So the salt and sweet, that said, make it. Tell me. Just tell me, because I think you're just going to love it.

S And just be drunk on the Nin.

D And if you get lost with verbal instruction as I do, because I'm totally lost, the video is going to be...

P The video is going to be stupendous.

[00:26:45]

D Yes, we're going to do a video.

S Solly says drink up. I just heard her from the Ninny tent.

P Yes, she's in what's it called the Ninny tent. No, say it.

D The Ninny tent

P Yes. Hey, we'll see you all next week.

S Pearl heard Danny say Ninny tent, okay.

P Well he said it earlier before we even started the podcast and I tried to do it but I couldn't.

S Because she was crying, it was like everyone was saying stick Solly under the Ninny tent basically, you know, give her a drink. And Pearl was just so like just enamored with the accent of Ninny. She was practicing it.

P I was practicing but I still can't do it. Do it Danny.

D She wants to nail it.

P Do the Ninny tent properly.

D Put that baby in the ninny tent.

P Yes, NayNay.

D Nay Nay tent.

S Pearl is so like she's going to be saying it in her sleep.

D Kind of like a sling blade-esque

P No, if I say ten Ninnys before I go to sleep maybe.

D Yes, we'll do some coaching after the show.

P See you guys.

S Go stick yourself in the Matcha Ninny tent.

*Advertisement~*

**This is not a drink, this is the new Cascara Cold Foam Cold Brew, craft liquefied, delicately smooth. This is the Strawberry Acai Starbucks Refreshers beverage, tropics chilled, my afternoon anew. This is the Teavana Iced Peach White Tea Infusion, steeped, shaken, excited to refresh. This is the new Ultra Caramel Frappaccino Blended beverage, whipped cream layers, perfect and this is your afternoon made at Starbucks.**

