



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



## Chocolate Cherry Lava MIM (E)

*This Chocolate Cherry Lava MIM is the cherry bomb diggity! Great for breakfast or as a snack! Add more cherries as a topping for a proper E.*

Serving Size: Single-serve

### INGREDIENTS:

- 1/4 cup liquid egg whites
- 1 Tablespoon water
- 1 chocolate flavored MIM packet
- 1 doonk Natural Cherry Burst extract
- 1 teaspoon coconut oil
- 4 to 6 diced or chopped fresh or frozen cherries (more for topping, if desired)

### INSTRUCTIONS:

1. Microwave for about 50 seconds for a yummy, oozy lava effect or bake at 350 degrees until it reaches desired doneness.
2. Top with additional cherries and a dollop of Reddi-Wip or 0% Greek yogurt.

The *Chocolate Cherry Lava MIM* recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)