



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



Salted Caramel Creamy Oolong (FP)

You really need to try this deliciousness. Here is a great way to enjoy a creamy hot drink without any special ingredients except the whey protein powder. Cindy Young shared this recipe with us. She uses 2 Tablespoons low-fat half-and-half for a Fuel Pull-version to be on the safe FP side, but 1 Tablespoon of regular half-and-half easily fits into FP. If you want to create a really indulgent version of this drink, use heavy cream for an S-version. These ingredients can be used with a variety of flavored teas, or even try it with coffee or cocoa. It is super yummy!

Serving Size: Single-serve

INGREDIENTS:

- 12 ounces just off-the-boil hot water (1 & 1/2 cups)
- 1 oolong tea bag (or tea flavor of your choice)
- 1/8 teaspoon mineral salt
- 1/4 teaspoon Natural Burst Caramel Extract
- 1 Tablespoon half and half (or 1 teaspoon heavy cream) (or 2 Tablespoons heavy cream for an indulgent S)
- 1 teaspoon THM Super Sweet Blend
- 1 scant Tablespoon THM Pristine Whey Protein Powder
- 1 squirt fat-free Reddi-Wip (optional, for Drive Thru Sues)

INSTRUCTIONS:

1. Place the hot water in a large mug and add the tea bag; cover while brewing.
2. Place all the remaining ingredients except the Pristine Whey Protein Powder and Reddi-wip in a blender. Add the tea and blend for a few seconds more.
3. Add the whey protein powder and blend for an additional 5 to 10 seconds. Serve with a squirt of Reddi-wip on top, if desired.

The *Salted Caramel Creamy Oolong* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com