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Tropical Cottage Whip (E)

Get your soft serve ice cream fix without igniting your blood sugar! Our original Cottage Berry Whip was an FP dessert that became a huge hit within the THM community nearly 6 years ago. Many of our faithful Mamas continue to enjoy it today! However, this new recipe is a twist on the classic and we all need to get our E snacks in! Frozen tropical fruits with a dash of Natural Burst Coconut Extract takes you to tropical heaven! Sadly, many extracts taste so artificial and smell like cough syrup! blech! Natural Burst Coconut Extract has no trace of artificial anything and tastes like you've been sitting on the beach sipping a fancy drink from a coconut shell. This recipe is the perfect cold treat for a hot summer afternoon or an evening dessert. (Be sure to see our video on how we make this recipe!)

Serving Size: Single-serve

INGREDIENTS:

- 1/2 cup 1% cottage cheese
- 3/4 cup Frozen Mixed Fruit (pineapple, strawberries, peaches, & mango)
- 1 Tablespoon Gentle Sweet
- 1/8 teaspoon Natural Burst Coconut Extract
- 1 Tablespoon unsweetened nut milk (if needed to get it blended well)

INSTRUCTIONS:

1. Blend or process all ingredients well to make a soft serve ice cream consistency.

The *Tropical Cottage Whip* recipe and other delicious THM recipes can be found at
www.TrimHealthyMembership.com