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Iced Coffee (FP)

Mmmm... sipping on an Iced Coffee Latte - Trim Healthy Mama style. Thanks, Jessica Myers, for the easy instructions. This beyond easy recipe is inexpensive and super kind to your health and waistline - why hand over a five dollar note for a store bought latte and get nothing back but a little change and exploded fat cells? This will keep you happier and healthier.

Serving Size: Single-serve; or Share

INGREDIENTS:

- 1 cup unsweetened almond or cashew milk
- 1/2 scoop THM Pristine Whey Protein or 1 scoop THM Integral Collagen
- 10 to 12 large ice cubes
- 1 cup strongly brewed coffee, cooled
- 2 teaspoons THM Super Sweet Blend

INSTRUCTIONS:

1. Pour the almond milk into a quart jar. Add the whey protein and stir well. Add the ice cubes, followed by the coffee and sweetener. Stir well.

DF (If using collagen instead of whey protein powder.)

The *Iced Coffee* recipe and other delicious THM recipes can be found at
www.TrimHealthyMembership.com