



trim healthymama™
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Lemon-Lime Trim Pop (FP)

The Trim Healthy Mama plan offers you so many healthy hydrating drinks, but sometimes you just gotta have something bubbly! Once again you don't have to feel deprived! Get your pop fix with this revitalizing drink. Enjoy the bubbles dancing on your tongue and the zingy flavor of the citrus juice as it cleanses and alkalizes your body!

Serving Size: Single-serve

INGREDIENTS:

- Juice of 1/2 lemon (or 1 Tablespoon lemon concentrate)
- Juice of 1/2 lime (or 1 Tablespoon lime concentrate)
- 2 doonks THM Pure Stevia Extract Powder, or to taste™
- 3 to 6 large ice cubes
- 12 ounces sparkling water

INSTRUCTIONS:

1. Pour the juices into a large glass or jar, add the sweetener, and stir well. Add the ice cubes and then fill with the sparkling water.

RECIPE NOTE:

Please feel free to experiment with the THM Pure Stevia Extract Powder. 2 doonks is sweet enough for us, but our husbands enjoy another doonk!

NSI (If using a store-bought, on-plan sweetener.)

DF

The *Lemon-Lime Trim Pop* recipe and other delicious THM recipes
can be found at www.TrimHealthyMembership.com