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## Lemon Hydrate Mousse - FP

*Light and airy with the texture and flavors reminiscent of lemon meringue pie, this lemon mousse will be a perfect ending to any meal this summer!*

Serving Size: Makes 2 or 3 Servings

### INGREDIENTS:

- 2 & 1/2 teaspoons THM Just Gelatin
- 1/2 cup warm water (divided in half)
- 1/3 cup egg whites
- 1 THM Lemon Love Hydrate packet
- 1 Tablespoon THM Gentle Sweet
- 1 Tablespoon lemon juice

### INSTRUCTIONS:

1. Bloom gelatin in 1/4 cup warm water.
2. In blender (a small blender like a “Magic Bullet” works well), place the egg whites and the remaining warm water. Blend until foamy.
3. Add the *Lemon Love Hydrate* packet, Gentle Sweet, and lemon juice. Blend until mixed.
4. Add the bloomed gelatin and blend until mixed thoroughly.
5. Pour into a glass dish, cover, and refrigerate at least 2-hours.

The *Lemon Hydrate Mousse* recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)