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Cherry Berry Hydrate Mousse - FP

A refreshing treat any time of the day, this Cherry Berry flavored Mousse gives you all the flavor of cherries but since it is FP, you can enjoy it after an S meal.

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 Berry Cherry Hydrate packet
- 1 Tablespoon THM Gentle Sweet
- 1 Tablespoon lemon juice
- 1/8 teaspoon THM Cherry Burst Extract (optional)

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 *Cherry Berry Hydrate* packet, Gentle Sweet, lemon juice, and cherry extract if using. 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 *Cherry Berry Hydrate Mousse* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com