Collagen Tea – FP

✿ mama’s Day Brunch Idea ✿

A Mother’s Day Brunch is not complete without a cup of soothing tea on a pretty saucer...

Any hot tea (or iced tea, for that matter) can become a superfood protein booster for your meal or snack. Let’s say you want some fruit for a snack, but don’t want to go to the bother of having cottage cheese or Greek yogurt with it—you’re in a hurry. Simply add 1 scoop of Integral Collagen to your hot tea. It dissolves fully and you will never taste it. This is also a great way to end your meal if it did not include a lot of protein. Perhaps you only had 3 to 4 ounces of meat on your salad or a bean or lentil soup—you could do with a bit more protein. Collagen Tea to the rescue, baby! Collagen Tea is found in the “Hot Drinks” section of the Trim Healthy Mama Cookbook, page 436. This recipe is a single-serve recipe.

Ingredients:
- "Just off-the-boil-hot water"
- 1 tea bag of choice
- 1/2 to 1 scoop THM Integral Collagen
- Sweetener of choice

Instructions:
1. Place the hot water in a large mug (or tea cup) and add the tea bag; cover while brewing.
2. Remove the tea bag, then stir the collagen into the hot tea with a fork. Keep stirring until completely dissolved. At first the tea will appear cloudy, but after 30 seconds to 1 minute, it will be clear.
3. Enjoy!

The Collagen Tea recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com