



Trim Healthy Podcast with Serene and Pearl Episode #19 - Giving up Versus Hanging On with Rohnda

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene • P = Pearl • D = Danny • R = Rohnda

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P-O-D-D-Y.

D Welcome back Trim Healthy Mamas and everyone on the journey.

P Including the few males that you have.

D Oh, count them... 10.

S Hey, I didn't believe you Danny when you said you had a following, but we were in Texas this past weekend, at a Trim Healthy Mama event. Some of these wives said: My husband loves listening to Danny.

P So you can count into the 2-digit numbers now because you said, Hey, if you're

a guy, and you're listening, just write in and say: "Present". So our people that do all of our support and that were, like, why are we getting all these emails just saying: Present.

D Just one word: Present

S They were from your men Danny.

[00:00:47]

S People were like... They just didn't understand what was happening. And Pearl's like, Oh, that's just Danny's special role call to his male followers.

D It's first that. Before you know it I'm going to be signing autographs and having T-shirts made.

S You'll be selling stands of PODdy Tea, you know, at special functions.

P Speaking of PODdy Tea Danny, where's our PODdy Tea?

D Yes, I came a little bit late, but I'm super-down to go make some.

S Yes, you go down to make some.

P Because we're replacing you anyway, we are so excited, off you go Dan-Dan.

S Quick, quick, quick, quick.

P While Danny makes us beautiful PODdy Tea, there's no way that we can do a podcast without PODdy Tea. It's wrong Serene.

S It is. It's very wrong in fact.

[00:01:25]

P It's almost traumatic.

S It would be very traumatic. In fact, let's just move on...

P But the soothing PODdy Tea is happening now, and Rondha, our friend, is here, and we want to...

S She's more than a friend. Rohnda has passed through the trials and the valleys

with us. She's been through the snot-nosed crying episodes of when Pearl and I are in the midst of the chaos of the book. She's been right there with us.

P And she has had her own episodes.

S I don't know why she likes us. Maybe she doesn't.

P As many of you know Rohnda is our photographer. But she's more than a photographer. She's a friend. Say "hi", Rohnda.

R Hi

P Don't be scared.

S I actually call her "Rohndy-Pons" because when you go through stuff together you have to have a nickname and so...

[00:02:07]

R Well, yes, that's a good nickname.

P And we're going to go deep with Rondha today because she's actually bringing a great topic that's so amazing that many of you are going to relate to it. But before we get to it...

S I just want to say one thing. I want to honour her with this one thing. You know, when I used to look at recipe books and see pictures of food, I'd be, like, oh yes.

P You don't think about the work.

S Oh yes, take a picture of food. Rohnda had to make everything that she photographed. And, you know, when we sent in a recipe, maybe we hadn't tweaked it perfectly yet and written the perfect description and directions. Well, Rohnda would have to make them a few times.

P And then, as well as making Serene's recipes which are all puristy right, with all Serene's set of ingredients...

S Source the ingredients from Timbuktu.

P Then she's making my recipes which are very Drive-Through Sue. So Rohnda has to be both of us.

[00:03:01]

R I do, surprisingly I actually still like you both.

P I'm surprised.

S I'm surprised.

R It has been quite a journey. Way back from the beginning, I got the first Trim Healthy Mama book from a friend. My friend Samantha, she's like, I've got this book. It's all about blood-sugar. You've got to try it; because we're always trying something. And so got it; read it; loved it; joined the Facebook group back when there was like 500 people in it.

P That's like four years ago.

R Yes, three and a half. Yes, something like that, four I think. And so I was making the recipes, loved them; they were all fabulous and because I've always dabbled in photography; I love taking pictures. So I would take a picture of my dish, and I would stick it up there on the board, and I would be, like... Hey, everybody, you've got to try this. It's really good.

[00:03:47]

P And people went crazy over your pictures.

R People went crazy which was, kind of, funny. I mean, I wasn't even that good.

S You were good.

P There was something in there. There was love; there was love in every picture.

R I loved the food, I really did.

S There was something there that wasn't in ours, that's for sure.

P I remember, I would put up a picture and I would get a message from you saying... Do you want me to make that one for you? Would you like me to make that, and I could put it up for you because I think it could look better?

R And I think where it started was one day Pearl messaged me through Facebook. I had never actually spoken to her before. And she said, do you think that we could buy that picture of the chocolate cake from you? And I thought to myself,

what? Well you can just have it. I mean, I don't even know what to charge you for it. And that's where it began, and now two books later and a website and hundreds and hundreds and hundreds of recipes and photos later, it really has been such a blessing.

[00:04:45]

P And we, sort of, grew into it. We didn't suddenly say: R, will you be our professional photographer like a full time job.

R No, because I wasn't a professional photographer. The best conversation was when Pearl asked me to work on their cookbook with them, and I said to her: Pearl, I'm not a professional photographer, so really you should get somebody else. And she said: Well, we're not professional authors, so if we can do it, you can do it. So we did.

P And I think that's been the magic that Serene and I have... We're just like mamas in our homes, and I think that's why people can relate to what we do, and relate to what we make, and that's why they relate to your pictures.

S And I feel like God was so faithful to all of us because there was a season when Rondha would call us, or we would call R and we'd have these three-way, kind of, conversations, and we were the three crazy women with things going on in our homes.

R I'm not crazy.

S Well, Rohnda wasn't crazy. She's sane. But we were going through stuff, and I could just imagine us with our top knots and our bags under our eyes because we'd been working so hard. And we'd had responsibilities in the home with our families. But God brought us through, and here we are.

[00:05:45]

R Here we are.

S And we're still friends.

P And you know, all that to say, but you were making all these recipes and taking pictures; your home life is not easy either.

R No, it's not. I mean, I'm so blessed. My youngest son is severely autistic and so that, and all that entails, there's hard days. There's days that are really

challenging, but Serene and I were just talking this morning about the desire to worship and be thankful in every circumstance. And so that for me has been what keeps me going because I can always find something to be thankful for...

P And you've inspired me with that. I often think of your life because I have five very healthy children, and it's been a wonderful blessing, but sometimes I find myself just being very ungrateful when I shouldn't be. And it's like, oh, I have to edit all day long today, poor me, poor me. And then I think look at what other people are going through. Look at what Rohnda's going through who does our pictures. And you know, you will always be a mother to this child who will never be on his own, and yet you love it and embrace it. I know it's hard some days and yet you're thankful. I don't hear you complain.

[00:07:02]

S No, I remember her saying on the phone, you know, we were having these deadlines and everything was crazy, and she's like: Well, I've got to go and take Jonah to speech therapy. And I'm like, wow, she's not only involved in the depth of this. She has very real things going on in her home that need...

R Well, don't we all. All of our Mom's out there. Nobody's life is perfect and all of our struggles are hard to us.

S This is my phone Rohnda. I forgot to turn it off.

R That's alright.

S Good on you, mate.

R So, we can't compare my trials with yours or my weight loss issues with yours. Everyone's on their own individual journey and...

S I love what you said just then, your weight loss journey with others. I feel like we can go there with that.

P Yes, and you mentioned something to me earlier, and I'm, like, Stop. Stop talking Rohnda. We are going to bring that to the podcast because so many people are going to relate to it, I just feel like you are here to take pictures for the book, lifestyle pictures for this "Trim Healthy Table" book coming out in September.

[00:08:02]

P But when you said that, I was like, oh my goodness, this can reach, you know, we're getting close to half a million people listening to this. So this can reach thousands of Mamas that are right in this mind-frame that you were thinking it through. So talk to us a little bit about, and it's about your unique individual journey of weight loss. And I think this is going to hit deeply.

S Take it away, Rohndys.

R Well, I kept thinking I would blog about it, but as you know, I'm a really horrible blogger. I actually have a blog, and I haven't touched it in months because I think all these grand thoughts, and I never get around to writing them down. But my thought has been, you know, we see lots and lots of beautiful before and after pictures on the boards, and it's fabulous, and we celebrate with all of those women who are finding that kind of success. For myself, personally, I've not lost any weight on Trim Healthy Mama and I've been on it for four years.

P Let's just clarify it to say, you know, you didn't start as a large person...

R And I was going to say that. I started off wanting to lose 20 lbs. I'm a really petite, short person anyway. I didn't have a lot to lose...

S To me, I look at you and I just think... Just perfect.

[00:09:16]

R And that's okay. But I did, kind of, want to lose that last...

P Yes, I know.

R But, what I realized is, we see lots of before and after. What we can't see is the before and the what if. What if we didn't do Trim Healthy Mama? What if we weren't working towards health? What if we weren't making those changes? And I really believe that if I hadn't been following this plan, I probably would be in a very different place right now. I probably would have gained a lot of weight.

And I know that because every now and then, I get a little discouraged and I think, forget it. I'm going to eat what I want which is funny because I really love Trim Healthy Mama food. But, and when I do that, even for a few days, I immediately start to gain. So I know that if I was following a standard American diet, I probably would have a lot of weight that I needed to lose. I don't and so I've learnt to be content with that. But I do think about the fact that I think I would be in a very different place if I wasn't following this.

P And you're right. We never see those pictures.

R Because we can't.

P We can't but I see it talked a lot about, and it really is a mind thing that then you have to change your mind-set because so many people they're frustrated. I hear it and you've obviously felt that.

[00:10:33]

P It's just like, why? Why can't I lose? This is too much. Why bother? But then there is a why... Because on the other path, you're going in a different direction.

R Yeah...

P And it's backwards.

S So even holding your own, and your weight...

P Is success!

S And on the health side of things, you're not holding your own, you're gaining strength, and you're gaining more vitality. And say you don't even feel that. Say you feel the same crappiness. Well maybe you were going to feel double the crappy!

S Oh, my goodness, PODdy Tea is here!

P We can't measure...

S Danny's here! Sorry to interrupt... And he's serving it on a polystyrene platter!

R Do I like PODdy Tea?

P You have to... it's like if you're in the PODdy...

[00:11:17]

P You don't have a choice, Rohndy!

P If you're in the cabin, you like PODdy Tea.

S If you're here on the podcast...

R Is it sweetened? Because you know how I like sweet things...

P No.

S You have to taste the tannins, right, Danny?

R Oh, right...

P Rohnda it's all a very, very intense tea that makes you go to the potty a lot.

R Oh.

S It's part of the PODdy experience.

R I have to get on an air plane this afternoon...

S She has to get on a plane, Pearl.

[00:11:40]

S Not number two's, only number ones while you're in the PODdy cabin.

R I'm just going to have a few sips, I think.

S No, it's great, just taste, it's divine. It smells fragrant.

R Oh, I do like it. You know what it reminds me of, I spent a lot of time in Japan when I was young, and it's like that traditional tasting tea.

S Do we have goji leaf in here because I am tasting green goji leaf?

P Why does thou not know what's in here, Danny? I know he goes and puts a bunch of different herbs in. Sometimes he throws, like, a good, good, good medicine person not a bad one, and...

S He's medicine man.

S There's been afternoons where we have skipped the miles home...

P It's what? It's an adventure!!! Thank you, Danny.

S Okay, carry on, Rohndy.

R That's the Japanese part I taste... What was I saying?

S Where were we? Oh yes, we could have felt double crappy and then your talk goes on from there.

[00:12:39]

R Well, just that there really isn't a way to measure how we would have felt or how we would have looked had we not been making these efforts. And the only thing that I can point to is; I look at my Mom and she's the say height as I am. I'm now 47 and I remember back when my Mom was about that age, and she began to pack on the pounds. And she got to over 200 lbs which for a short person was a lot for her. And she eventually had to work pretty hard to get that off. But I look at that, and I think if I wasn't making these efforts and eating healthy and feeding my body good fuels, I, kind of, think that's where I would go...

S I tell you what, her skin just radiates. I told that to Rohnda this morning. You don't even have a darn wrinkle. Amazing.

P It's not fair... But the fact is, we talk about, yes, there could be weight gain if we weren't doing Trim Healthy Mama, but we've been talking about blood-sugar lately, and how getting that under control as best we can. Obviously some of us have more genetic issues than others. But out of control blood-sugar breeds all sorts of diseases, and there are these thing that we don't even know that we're preventing.

R Right. It may not be weight-related at all. It just may be health-related.

S Exactly...

Announcer Hey mamas. Do you have a question for Serene and Pearl? Send your email to support@trimhealthymama.com

S We don't ever stay the same.

R We don't.

S We don't. That's the thing. We go off in one direction or the other.

[00:14:14]

S We go after life, or we go after death.

P And even though we might not be seeing a scale move, we're choosing life when we choose healthy foods. And we are saying I'm not giving up on this just because I never saw the scale move. Choose life. I choose blood-sugar stability. I choose being an example to my children.

R Yes, but I have to, just because this is my soap box...

P Soap box away.

R Yes, and I'm all for healthy eating, but I also have to choose life in my attitudes, in my decision to be thankful in the midst of hard things because it all plays a part because I could eat perfect and be stressed and fearful and angry. And that would be just as bad for my health as some of the food that I could choose.

S Worse.

R So for me there's a balance that I'm always trying for, to always look at both sides.

[00:15:05]

P I agree. I love it.

S I'm in 100% agreement. And I've felt it in my own life because I'm a purist so I have been purist and full of anxiety and then I've been very, very unhealthy. And then I've been a little relaxed purist because Pearlie has rubbed off on me to enjoy life, not so Spartan-like.

P Well, I feel like God has helped you calm down too.

S Yes and I have radiant health because I believe the spiritual is... I know we're on a health platform, so to say this I don't want to dis inspire; it's not even a word; people are into it. But I think spiritual is more important. I know it and I believe it.

P But you see spiritual manifests in the physical.

S Exactly, and they're all combined.

P If we're being grateful and if we're deciding, yes I choose life in all areas of my life, then we can't just take the physical and say: Yes, that place or forget it.

S Well, I don't think that's very spiritual.

P No it's not because we have these bodies that we are supposed to honour, and it's another mind-set that we've been talking about lately to say, what if I could? Yes, I can.

S But if we're spiritually embracing life, you will embrace it in the area of life; there's no way you won't.

[00:16:16]

R Yet, there's varying degrees to that. I mean. Our Father owns the cattle on 1000 hills. Well, your cattle may be grass-fed and maybe that's not in my budget to have grass-fed cattle. But you know what? I can be thankful for what I have access to and sometimes being thankful for what you have is better than feeling guilty or stressed over what you don't have.

S 100%, and I believe that sometimes he provides the provision for some and then the protection for others.

P Yes, that's right. And that's why we always say listen, if you can't afford the organic food, do the best you can at your local grocery store, and pray over it.

S Yes, why would he say that we had to pray over it, if it was so jolly perfect.

P I know, in scripture, I always think about that, you know, that you should take up poisons and it shall not harm you. I claim that Scripture.

S And that doesn't mean that you go purposefully out of your way to drive-through at McDonald's right.

[00:17:08]

S But if you can only afford the battery-caged eggs.

R And for me, having a son with some severe special needs, and some eating issues, he is pretty severely picky about what he will eat. And it's funny because some of the things... He will eat a whole bowl of flaxseed. He'll eat broccoli but only the tiny, little green nubbies off of the very top.

S It's all texture-related.

R A lot of it is texture-related, but, like, he won't eat any meats like chicken or steaks. He'll eat hot dogs and chicken nuggets. And sometimes we do that

because there's protein in it. But do you know what I'm really excited about? He loves your new strawberry protein powder. He thinks it's Nestle's Quik which is huge because introducing new things, if it is different to what he is used to, he won't touch it. And I've learned that there is nothing you can do to force a child to eat something that he refuses to eat. So I'm really excited about that.

P That's good because now he's getting his protein through a healthy avenue.

S From a healthy vehicle.

R Getting that solid chunk of protein in his diet... Every day he's loving it. And I put it with some whole milk so it's got lots of calories in it.

[00:18:25]

S Yes, he needs that.

R Yes, it's fabulous. But I've had to learn to do the best I can when feeding him to give him as many good options as what he will eat as I can, and then just pray and trust God that it'll be okay.

P Yes, and you know what? We're all so different. And as we've learned, and you've come out here, and been involved in our lives in the last two days...

R The city girl comes to the hilltop.

S Just say a couple of words Rohnda.

R You guys are legit crazy. I kid you not. No, it's been a fabulous glimpse, honestly. I couldn't live like this.

P I could tell. You're... I always get the sense of you when I talk to you on phone that you have a sort of an orderly and organized life.

R I do.

P Even though you have some challenges, it's quite organized and orderly.

[00:19:17]

P And I'm thinking, she's coming out here to take our pictures, and we're going to scare her, Serene.

S I don't think we have really...

R I'm not scared. And I still love both of you. It's fabulous.

S Which one scared you off the most, Rohndy?

P Serene did, of course!

R No, it's good. It's all good. And I really because in my photos... With food obviously, I like to capture the authentic recipe, and that's why I make every recipe, and I serve it up the way that our Mamas would. I don't want them to look at the picture and go: Well, that's fake. They photo-shopped the whole thing and mine's never going to go look like that.

P No, because Rohnda will not allow photo-shopping.

S No, because sometimes, we'll be like: Rohnda, you've got such a deadline. You've got so many responsibilities.

P Just like enhance the color a little bit.

S Or we meant to say chicken and by mistake, we accidentally put beef, and they were like: Just change the color...

S She was like: No, I'm doing it again.

P Yes, she'll do it again.

R But I, with photography for people, my passion is to really capture real life. I don't like posed pictures. I don't like look at the camera and smile. I would much rather see people in their natural element, and create art and beauty out of that; because life is beautiful even in all of its messiness.

[00:20:30]

R And so that's what I'm hoping we were able to capture here the last few days because yes, it was a little bit messy.

P It was a little chaotic. And you'll be able to see because the pictures are going to be in the new "Trim Healthy Table" book. And you'll think of Rohnda when you see us.

R No, they'll just be so excited about all these recipes.

S She came back and I think she took a few ticks and chiggers back on the plane.

P She was terrified of the ticks, and she's like, are there ticks out here? We mentioned in one of our homes that we had a cockroach problem which we've been working on. I said did you sleep well. She said, I had some thoughts about cockroaches.

[00:21:05]

R I come with those thought honestly because I lived in Hawaii for 25 years, and the cockroaches there are ginormous, and they do crawl in your bed at night. It's a little scary.

S Oh, no we don't have those. Oh, but when you crack them open, there's a bit of white stuff.

P You didn't go there did you?

S I just said when you squash them there was a bit of white stuff. The ones we have don't do that.

P Oh, you didn't go there did you?

S Just some white stuff when you squash them with your foot.

P Don't go there. Not the worms. I got emails about the worms. They said, could you tell her not to and I'm like, she's Serene. You're going to get a few worms.

R Right

S But like Rohnda said, there's beauty in the real world.

P As we were saying, you have your... you live in a sub-division, and you shop at different stores and people out there, they don't have to be Serene and I. We're all so unique, and that's what we want to embrace.

[00:21:54]

P Let's do this Trim Healthy plan. We come from completely different lifestyles.

R We do.

P And yet we can feel like we're sisters. We can do this and not judge one another.

Be uniquely who we are, all on this plan. Some of us fast, some of us lose. For some of us the scale doesn't move, and yet we're there because going the other way would be something in the wrong direction. So, Rohnda, thank you so much for coming here. And I know you're inspiring many women with your words because they... A lot of them feel right where you're at.

R Be thankful at every stage of the journey, and to me that's more of a victory and a success than anything that the scale says, and that would be my encouragement. Find the joy. Consider it pure joy that whatever we're going through, whatever successes or failures we're finding, there's joy to be found in it. And I want to be known as a person who was always looking for the joy and finding it, finding things to celebrate in every day because life is beautiful.

S Find joy with the ticks and the chiggers, Rohndy. You can do it.

R Yes. I think I did pretty good.

S You did.

[00:23:05]

S You didn't run straight home. Now, we've had some people come to the hilltop because my Mum has interns in the Ministry. We've had some turnarounds within the first 24-hours.

P Yes, but we thank you for that. I was so glad we got to introduce you to everyone because you're like the third amigo here when it comes to these cookbooks.

S Yes, you are Rhondy.

R And so it was, like, a couple of weeks ago, there was a PODdy that aired, and you were talking about the issues with the book. I was still in the trenches.

S I know it.

R I have to tell you, I had to really choose joy that day because you were celebrating on the other side of it, and I'm still buried under Trimmy Bisques.

P I thought about that. I thought Rohnda's still there, but we're still allowed to celebrate. We had to embrace that. And now you can celebrate Rohns.

R Now I can celebrate with you. It really has been such a blessing for me. I've been so grateful to do this journey with you, and it's just blessed me and my family,

and allowed me to be able to work from home, take care of my kids. And I'm very thankful. Thank you.

[00:24:09]

S Well, safe travels Rhondy.

R Thanks, I'll see you on the flip side.

S&P Thanks, bye!!

S&P Danneth, Danny... come on, come and sip your PODdy Tea.

S We miss you, Danneth.

D Okay, we've got an anonymous listener question. Hello, I just found out I'm pregnant and was wondering if...

S Are you really, Danny?

D Not me, from a listener... If Integral Collagen is safe to take while pregnant.

S We say integral.

P Did you say int-ee-gral?

S It's Integral, from integrity.

P I think people in America can say integral.

[00:24:40]

S Integrity, that's where it comes from right. We say Integral.

D But you guys are clearly from the other part of the world.

S We are from the mother's tongue, Danny.

D And I'm clearly from here, so...

S Well, well, well, well

D Who cares?

S Yes it's safe to take while pregnant. I wouldn't overdose on anything right, so I'd take about... First of all, my big sister said just a few seconds ago when we were talking about, we were actually talking about supplementation, that the best to round out your diet and have other sources of proteins too. So have meat, have eggs, have dairy unless you have allergies, and then round it off with supplements, for sure. But I wouldn't take more than a scoop or two a day.

P No, when you're pregnant, any of us, not just pregnant, shouldn't be just relying on whey or collagen for protein. We should just get lots, plenty of whole sources. But those things can be especially helpful to us.

S You eat a lot of protein while you're pregnant, so it's a great way.

P It is, but I don't want to be sitting there taking three to four scoops a day just because that's imbalanced.

[00:25:55]

S But I wouldn't be scared of it, either. Having a scoop here, or a scoop another day of whey and collagen is completely fine and safe.

D Yes, and for the record, I am not pregnant.

S Yes, we're relieved Danny.

[00:26:09]

Announcer: Trim Healthy Mama Product News and Notes.

P Oh, my goodness Serene! The Cuffin Mix is saving my life.

S I love the Cuffin Mix. Love it so much because I don't waste product anymore because my children used to mess up on their cakes.

P Yes, you've got baking girls right, young baking girls...

S Some young, and they like to bake. And they love to bake but they put all the wrong measurements in, and when it said two cups, they'd put two teaspoons and it was taking forever. It was disastrously gross. The Cuffin Mix is really hard to mess it up.

[00:26:41]

P So what is the Cuffin Mix?? It is a cake muffin, a cake / muffin mix. It's already pre-made. All you have to do is add your wet ingredients. And it's either chocolate or cinnamon.

S Or it's cake or muffin.

P You could even make individual cakes, or muffins, or you can make cookies, or you can make a cake or you can make pancakes and waffles for goodness sake. And here's, this is saving my life because you know my husband Charlie and his sweet tooth.

S His heart is his tummy.

P I know, but he's a sweets man. Your husband, Sam, is not as much a sweets man. So all these years, helping him keep his weight off that he lost with Trim Healthy Mama I have to provide him with desserts. Every night...

S Yes, you do.

P It was a lot of thought, Serene.

[00:27:28]

P Now it's just like, okay, I whip out the... I either use the one third cup of the Cuffin Mix or the Muffin-in-a-Mug packets. It's the same mix guys it's just in a pre-made packet.

S This is great to take out with you.

P I know, rip it open, and then you put it in your little mug or your tiny cake container, pyrex dish. And you can make it an S, an S with one egg, one tablespoon of coconut oil and one and a half tablespoons of water.

S Or you can make it a Fuel Pull.

P Exactly, and this is what I've been doing. Charlie can't tell the difference. I use two egg whites. I don't put the oil in and I put the water in, but then I do an S frosting so it lightens it up.

S I like the Greek yoghurt.

P No, I do two teaspoons peanut butter, two teaspoons cream and two teaspoons THM Gentle Sweet...

S Oh you mean a Light S? But you could do a fuel pull deal.

P Absolutely, but I do a nice Light S for him because he loves it. I make the frosting really sweet.

S What's his favourite? Is it chocolate or cinnamon?

P He likes the chocolate, but I like the cinnamon.

S Me, too...

[00:28:30]

P For an afternoon snack, I can just have a cinnamon muffin, and life is easy, cup of coffee now.

S So it is a Drive-Through Sue, for all of you who like something quick and easy and it passes my purist stamp of approval.

P You're not going to microwave it. You're going to bake it. The rest of us would use the microwave. So anyways guys. We've heard a lot of feedback. Tell us what other flavours you want. We're thinking about lemon right now, starting to talk about it.

S That would be fantastic! Cuffins! Go, get some!

[00:29:07]