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Pumpkin Spice Cafe Secret Big Boy (FP)

Save your waistline and your money! No need to suffer through the huge price tag at coffee shops to get your pumpkin spice coffee fix! Experience the taste of autumn while enjoying our newest edition to the Secret Big Boy family - "Pumpkin Spice Cafe Secret Big Boy"! Secret Big Boys are new takes on our original "Big Boy Smoothie". They are large and satisfying protein drinks that soothe digestion, moisturize your insides, and help shed stubborn pounds. The "secret" comes from the fact that you would never guess all that creamy goodness contains a full cup of okra—unless somebody spills the beans. Don't spill the beans! (Are you taking the "Okra Challenge"? Many THM's are having great success by trying to get a good dose of okra in every day. Okra has amazing slimming and blood sugar lowering benefits (you can read about more okra benefits on page 132 of your Trim Healthy Mama Plan book). This Pumpkin Spice Cafe Secret Big Boy Smoothie is such a great way to enjoy the "Okra Challenge"!

Serving Size: Single-serve

INGREDIENTS:

- 1 cup cold coffee
- 1 cup frozen, diced okra
- 3 Tbsp pumpkin puree
- 1 tsp THM MCT oil
- 1/2 tsp vanilla extract
- 1/2 tsp pumpkin pie spice
- 3 generous pinches mineral salt
- 4 tsp THM Super Sweet Blend
- 1 doonk THM Pure Stevia Extract Powder (optional)
- 1/4 tsp THM Simply Sunflower Lecithin (optional)
- 12 to 16 large ice cubes
- 1 scoop THM Pristine Protein Powder (or 1/2 scoop Pristine Protein Powder and 1 scoop of Integral Collagen)

(Continued...)

INSTRUCTIONS:

1. Place all of the ingredients except the ice cubes and whey in a blender and blend until very smooth. (Note: It is very important not to blend the ice and whey yet. You want all the okra completely broken down first.)
2. Add the ice and blend well again. You may have to stop the blender and stir a couple of times or add the ice in slowly.
3. Add the whey and blend for 10 to 15 seconds more. If you blend too long, the whey causes this smoothie to get super poofy. You might like this, but we like a balanced poof.
4. Experiment for fun, if you want. Taste and adjust the flavors to “own it”.



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The [*Pumpkin Spice Cafe Secret Big Boy*](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.