



trim healthymama™
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Trim Mint Trimmy (FP)

This delectable Trim Mint Trimmy might just remind you of those calorie-laden cookies the girls in green sell every year... or perhaps remind you of the taste of a Christmas candy cane! Only this delightfully minty treat will not cause you to feel one bit guilty - even if you drink more than one!

Serving Size: Single-serve

INGREDIENTS:

- 10 oz peppermint tea
- 2 tsp unsweetened cocoa powder
- 1 tsp THM Integral Collagen
- 1 tsp THM Pristine Protein Powder (unflavored)
- 1 tsp THM MCT Oil
- 1 tsp THM Super Sweet Blend
- 1 or 2 drops essential peppermint oil (optional)

INSTRUCTIONS:

1. Blend!

The [Trim Mint Trimmy](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.