



trim healthymama™  
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## Trim Bouillon Mix (FP)

*This recipe is chock full of super foods without the usual maltodextrin, MSG, and other unneeded additives in most bouillons. This recipe can help both Drive Thru Sues and Purists stay on-plan. You won't regret spending the few minutes that it takes to make this up. It will help you make up a bowl of soup as tasty as grandma's, without the time and effort.*

Serving Size: Multiple

### INGREDIENTS:

- 1 cups nutritional yeast
- 3 Tbsp onion powder
- 2 Tbsp mineral salt
- 1/2 tsp THM Super Sweet Blend
- 1 Tbsp garlic powder
- 1 & 1/2 tsp thyme
- 1 tsp dried sage
- 1 tsp paprika
- 1/2 tsp turmeric
- 1 tsp THM Just Gelatin

### INSTRUCTIONS:

1. Combine the ingredients and blend in a dry blender, food processor or coffee grinder to make sure all ingredients are blended and powdered.
2. You only need 2 to 3 tsp of the mix per 1 cup of boiling water to make a tasty broth or stock. We suggest starting at 2 tsp then adding a little more if you want a richer flavor.

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