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“Back to Busy” Milk Recipes

There's nothing better than a cold glass of milk to go with your sandwich! We have three quick choices for you to choose from... Pearl's Slimming Chocolate Milk, Speedy Chocolate Milk, and Speedy Strawberry Milk. These recipes are great for hungry children, too! Whip one of these up before meal time for those who are “dying from hunger”!

Speedy Chocolate Milk (FP)

A glass of this milk with a meal really helps give you extra filling mileage so you can more easily make it to that 3 to 4-hour mark before you eat again. But it does so in such a yummy way. Our children love this drink, and it is a great way to ensure they are getting plenty of protein.

Serving Size: Single-serve

INGREDIENTS:

- 1 generous cup unsweetened cashew or almond milk (any unsweetened nut milk)
- 2 Tablespoons (1/2 scoop) Chocolate Pristine Whey Protein Powder (*See Note)

INSTRUCTIONS:

1. Blend all the ingredients for a few seconds in a stand blender (or use a stick blender).

RECIPE NOTES:

If you don't have the chocolate whey protein, no worries, you can use our original Pearl's Slimming Chocolate Milk recipe (below) to get a similar result.

(Recipes Continued...)

Speedy Strawberry Milk (FP)

Serving Size: Single-serve

INGREDIENTS:

- 1 generous cup unsweetened cashew or almond milk (any unsweetened nut milk)
- 2 Tablespoons (1/2 scoop) Strawberry Pristine Whey Protein Powder

INSTRUCTIONS:

1. Blend all the ingredients for a few seconds in a stand blender (or use a stick blender).
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Pearl's Slimming Chocolate Milk (FP)

Sometimes only a tall glass of chocolate milk will do. We don't make you give up chocolate on THM, we sure aren't going to tell you to give up chocolate milk. If you don't have our THM flavored Pristine Whey Protein you can still enjoy chocolate milk made the smart, slimming way! Regular chocolate milk is fat in a glass. It might be labeled as fat free ñ nope, not when it hits your blood stream. It causes a sugar spike, which causes an insulin surge which causes more fat storage on your body. Here's how to make a quick, delicious big ol' glass of chocolate milk with unflavored whey protein and actually do your body good!

Serving Size: Single-serve

INGREDIENTS:

- 1 teaspoon unsweetened cocoa powder
- 1 cup unsweetened almond milk (or carton-type unsweetened coconut, cashew, or flax milk)
- Pinch mineral salt
- 1 teaspoon THM Super Sweet or 1 Tablespoon Gentle Sweet or 1 to 1 & 1/2 doonks THM Pure Stevia Extract powder
- 1 or 2 Tablespoons unflavored Pristine Protein Powder (optional)
- 1 teaspoon heavy cream (optional)

INSTRUCTIONS:

1. Add cocoa powder, protein powder, mineral salt, and sweetener to a mug or blender.
2. Add almond milk, and optional cream.
3. Blend or use a frother to mix up thoroughly.