Trim Healthy Podcast with Serene and Pearl

**Episode 91** - T’was the Night Before the Holiday Train Wreck... Nahhh! Crisis Averted!

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

[00:00:00]

**Announcer:**

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S           This is the PODdy! With Serene...

P           And Pearl

S           Get it right... P-O-D-D-Y.

D           It is the Trim Healthy Podcast boys and girls!

[00:00:42]

P           Yes, it is!
D Did I intro it differently today?
P No, that is nice!
D Yes, we are a glow.
P No... No do overs!
D Take two!
P No!
D We are glow! We are so glow today on the Trim Healthy Podcast with Serene, Pearl and Danny!
P Oh, it was actually hello?
D I meant to say: We are so.... And I said we are glow. Is it because I am chewing gum?
S Hey, did I ever let you chew gum on the podcast before?
D No, is it rude?

[00:01:05]
S Because our mother believes chewing gum is rude. She has a ministry, right? And she has... And she has people that come and intern.
D Yes
S You know how they have a... Like a send-out before they come with things that are not appropriate?
D Yes
P Top of the list is gum!
S But I do not like the sound of people, like, talking...
D With gum in
S With the gum smacking in their mouth
D Okay, I get the hint. Hold on... And we are done.
P And he puts it right on the coffee table.
S That is the worst

[00:01:29]
I actually... I am not the gum guy.

Do you...?

I have to look at it!

Do you pull it off of sides of restaurant tables and stuff like that?

Nasty!

Yes! Just for an extra spice sometimes!

Nasty, go... Go put it in this piece of paper.

You are handing me a yellow sticky note.

No... I do not have to see your chew marks on it.

To dispose of it properly, yes that is fair. Hey...

You... You all wanted us to start this podcast like this...

The truth is...

Thank you everybody.

Yes, this is a set-up. No, the truth is, is I am not a gum guy – I do not actually like chewing gum.

But now you are model and all...

Am I? I am working on it...

Oh, I do not think our podcast people know about his modeling, Serene.

Can they not...

That is our radio people.

And do you notice he is...

No!

He is sitting cross-legged? I was not even going to mention his outfit anymore because now he is a model...

It would not be a podcast without this.
It disturbs me – I cannot lift the... I cannot, like, make his head explode by... You know, pointing out his fashion.

Okay, Serene... Serene always forgets we have a radio show and a podcast and she thinks we have told everybody about your new career.

No, I do not...

Well, we do not need to. Let us...

I was... I am smart – I was opening it up.

Oh, she was opening it up!

Let us just start the surprise show that...

No, let us go there.

That you were going to do

No, okay, so here is the deal. Danny comes in last week, decked out. Like, he was in... New clothes, people! No paisley shirts – no nothing. He was styling it.

No, it was like a macramé... He looked like a sheep!

He looked...

The sweater was so cream with so much of a texture on it.

I liked it. I thought he looked male... Very, very styling but Serene was not such a fan.

No

Okay

Not at all.

Okay

And then when...

He looked like a... Like a Grandma... Like a Grandma...
We were, like, Danny, how did you go shopping? We do not pay you enough for that. Well, what? And he was, like: No, no – it was from my modeling shoot – I get free clothes from that. And we were, like: What...? What? Excuse me – modeling shoot and he said yes, I modeled for H&M.... Yes, they just called me! I mean, he has never been a model before he goes and a major, major...

What if you could? Right?

Brand picks up his face because of your face is what?

What... What about it?

It is a no-race face!

Oh, ethnically ambiguous! Yes.

So no-one knows if you are White or you are Hispanic...

Because you could be Iranian, you could be Spanish. You could be...

Yes

What if you could? You could be Aboriginal? What if you could?

Yes, like a... Like a...

Yes. You could be anything. And Danny does look good in pictures, I must say.

Yes he has got a photogenic face.

Wow! This has, so far, been a great episode!

It is the Danny Show! But I would not be hanging out...

But are you going to continue...

With him anymore if he really did love himself but in the heart of Dan is a humble man, so...

Danny does not love himself, actually... No man I... We should all love...
S He is just trying to feed his children a peanut butter and jelly sandwich!

P We should all love ourselves, but I mean the conceited, narcissistic... That is not our Dan.

S No, it is not our Dan.

D Thank you.

P But, if the modeling keeps happening we will assess it each week!

D Yes

S We will assess that!

D I am just sitting back and enjoying...

S Okay, now let us get to the topic.

D Big sister talk right now

[00:04:08]

S This is an exciting topic today. I am so excited about this topic.

D And it is a surprise to me.

S Guess, what, I kept on saying all day: Pearl, because we were doing a bit of TV in town. I said I am so excited. And Pearl is, like: Why are you excited?

P Yes! I am, like: Why?

S And I could not work it out. I just had thrill in all my cells. and... and by the end of the day I realized I am like a horse - a colt - that when the season changes they are just running around the field for no reason.

They do not know why but the season inside of them says: You have got to be excited. The thrill and kick...

P Do you... Do you sense the air?

D This from the star!

S The change of season, it is so exciting - it is the holidays coming up. I feel it in my bones.

D Yes
When I... When I feel the chill on my cheeks I know that there is yummy food inside. Soon there is going to be a fireplace starting up – I am excited about the holidays.

So, I... I called Serene this afternoon after we went home for a little breaky poo... After the TV stuff, and I said: Serene, you know – podcast recording. What on earth are we going to say? And... And Serene said, oh, I know it Pearl. We have done it again but it needs to be said in a different way.

We have done it every year but see – holidays come every year.

Oh, yes... Yes.

She said: We need to encourage in a “What if you Could” way that this season does not have to be the derailment of people. In fact, you can walk through this with victory and power and not get in the gutter of the Pumpkin-Spiced Latte from Starbucks. You do not have to swim in that pool.

Yes! It is, like what if this season could be different? And we have heard... You have heard it before. But guess what?

This is going to be the one.

Every time somebody goes out on the football field they have it in... In, like a locker room – coach – cheerleading – scream session, right? We have to do this again because the holidays are here again.

But guess why I know this time, for many of you listening... You might have, like, failed a little bit, maybe, in other seasons. You know, you are, like, ah, man. I just cannot get this. It always derails me.I sat on the bed and I was talking to Serene on the phone and I looked and I just suddenly realised I was sitting on a made bed. This is Pearl. Now...

No but if you knew the history of Pearl, this is going to be, yes.

Well I am going to share it a little bit and I have shared it here before. I know that you can walk through this season in victory and not let, you know, the season of crazy food derail you because I was sitting on a made bed. How does that correlate? All my life my bed has been
unmade. I was a non-bed maker. I could not get it together. It was not me. That is just not me – I cannot do that. You know, for some reason... Oh, I forget... I tried for a week...

S Pearl did not even like made beds in the past. She like the crumpy...
P I do not know... It was just me.

[00:06:43]

S Her own crumpy, dirty sheets.
P It was my nature. It was just a failure, you know. But there I was today... For a year – and some days I do not because life is too busy but I do not say... I do not get shame and, say like I just cannot do it. You know, I just cannot do it – might as well stop.

P No, the next day I wake up and I say: I am a bed-maker! And I make that stinking bed, man. And I do not even care – you do not have to... Whether it is... You do not have to make your bed but it is just something I wanted to attain in my life. And I tell you: My bed is made and when I look at that made bed I know that I can do things in life.

D Do you feel pride?

S So there is a few things that I am saying to myself – coming to this holiday season. Because just because I am a food purist, and just because I do not love treats that I know mentally are unhealthy for me, does not mean that I do not, like, go treat-crazy psycho and, and over-abuse calories during the season. I usually do... I usually derail.

[00:07:37]

P Is that not part of the excitement, allowing yourself to...

S No, totally but... But there are... There are choice events that I think I should but every night?

P Oh, no, no, do not do that.
Just because it is from, from Tootsie’s birthday – because you know me, let us not... Because... It could start a fight but I... I am not a Halloweener, right? So, Tootsie - that is my mother-in-law... That is her birthday – it is on Halloween night. So from Tootsie’s birthday on– I do not mention the H-word – but anyway, from Tootsie’s birthday to New Year... To my birthday which is, like, just after New Year’s...

P
January 4th, yes.

S
Yes I could... I could just over do...

P
There are baked goods in your house at that time – it is the festive season.

S
Yes! So this is the... This is the thing I am telling myself. Pearl said I am a bed-maker. And it is a changing... So changing her life. So this season I am saying to myself, “I am a slow eater”. Yes, I am.

I really love to savour the... a nice, intelligent portion – I am a... I am a slow eater.

D
Positive brainwashing this holiday season!

P
Yes.

S
Yes, so that is going to be one of my... What about you guys? What is going to be some of your titles, Dan and Pearl?

D
Oh, I know mine.

P
Yes Dan

D
Mine is I hope there is something like cheesecake that is on plan.

S
Yes, well... Yes that...

P
Excuse me? I mean, how is... Where is the buzzer? We were just talking about...

D
That is just in my spirit.

P
Yes, but what we... You are... You are the What if You Could author. What is your...

[00:08:53]
S  But the hope... Then you go and think: Oh, it is full of sugar. Oh, I hoped... Oh well...

D  No! Not like sugar cheesecake.

P  Hey, hey... You know me.

D  I mean Trim Healthy Cheesecake.

S  I know, but hoping is not enough – you have got to make it!

P  What is this hope? Go and make the stinking thing!

D  That is what I am talking about. Oh, you... You are saying, it does not exist – I need to make it.

P  You... You know me... Say... Okay

S  Yes! We are saying the same thing, like you are saying it is going to happen...

D  How did I go wrong?

P  Danny... Danny, you know me – I am... Say it

D  You know me – I make Trim Healthy Cheesecakes!

[00:09:17]

S  There you go!

P  Yes, you do!

S  That is it!

P  You do!

D  Oh, so... Okay... So the answer is, yes. Is that what we are saying?

P  Yes. Last year, I remember, we came into the season – it was right around Christmas – you were, like I am going to be that guy that makes this healthy, you know, dessert and takes it to the event.

D  Yes

P  And people are going to be, like, oh Dan – that is Dan, that guy... He brings healthy desserts.

D  No, I just wanted to know that that was a possibility.
Yes, of course! I mean, there are so many Trim Healthy Cheesecake recipes and Trim Healthy Pumpkin Cake and Pumpkin Pie recipes – they are there galore to be found on the net and in our cookbooks.

[00:09:49]

Yes... Yes.

Here is another saying – for somebody other than me...

Okay.

But it could be some... Some... Somebody else... Let me think what I... It was right on my tongue but it just rolled off. But I am going to create... Okay, this is it: I am going to create new traditions and memories around excitingly delicious, delectable, scrumptious, healthy desserts.

Yes.

Like... Last year it did not happen but I had planned it – I was going to get all my friends together and I had brought different 85 and above chocolates from around the world and wine and coffee. And were going to have...

You said we were going to do that.

This, like, real gourmet... I mean, it... But you see – you can come up with... Or maybe your thing is cheesecakes so everybody...

Hold on, finish your party idea, Serene, because you told me you were going to do it and I never got the invite.

[00:10:38]

Yes because I ate them all myself!

Yes!

I ordered them...

Yes!

Did you drink the wine too?

With my husband – he ate... He drank most of it – I am not really much of a... a more than a 2mm drinker.

This is good! This is how my parties go as well!
P  But listen...

S  But I ordered all these chocolates from around the world but life was busy. And I kept on trying to arrange it and everybody was, like: No, I am out... I am out. This is a real good plug for organizing a party, right?

D  Yes, come on!

[00:11:00]

S  In the end I ate the whole stinking darn things myself!

D  Yes, you did!

S  And I was pregnant! And I told myself... I actually got... As I tasted them – a little bit by little bit and think, well I will save the rest for the party – I got greedy and I thought: Well they are so yummy and I am pregnant. I might as well just treat myself!

D  That is my every party! Every party is planned and I see all the people there and then come Friday night I am, like: Well I better just chow them alone!

S  But you see... So... So... But the point being is: If... See, the reason why I said: Somebody else, is I am not really a person who has a lot of memories over Aunt Marge’s Pecan Pie because of... Of my purist brain. But maybe you are. Maybe all your memories are around, like, Reese’s and cotton candy and stuff that really is abusive. So maybe you could be, like, this year I am going to create new traditions – new parties. And I am going to create things to... To mold this season around that are positive – positive celebrations.

P  That do not completely focus on those treats that pull your health down. Now, of course, as Serene and I always say, there is a place on certain occasions, like Thanksgiving Day, Christmas and maybe... Is it okay to call it, Harvest Day, Serene? Halloween? Is that okay?

[00:12:13]

S  Hey, you know what? You and I have chosen... Have... Have chosen to be friends even though your children...

P  I let my children dress up for Halloween, Serene never did. We could not come to terms...
Yes, I thought you were of the devil.

Giving the devil a foothold

She thought I was the devil!

And a foothold he shall have!

So, here is what I do want to say about Harvest Day – for Serene’s sake – but Halloween for the rest of you.

I really hate the idea.

Okay, here is where that derails people at the start of the season: It is in your house. It is not one event. It is not like a party or something – it is a... It is an accumulation of too many sweets – candy.

Every time you go out you are bringing in sweets.

No! No they all arrived on Halloween night and now your cupboard is full of them. Here is what I must say, I am sorry. A few days afterwards, if they are still there, you throw them – because they are trash anyway. They are trash to your body. It was nice on the night – you all dressed up. You had fun, you had... Maybe you had a few and you let your children have some. It is not good for your children to go through this whole season eating their Halloween candy every day.

Now, I wonder...

It is actually not loving

It is not! It is not loving to you either. Throw it out!!!!

I wonder, though – here... Here is an interesting thing – for those listening – if you felt an emotional hurt when Pearl said that because...

Did you?

Because I felt, no I... I knew better than to, you know what I mean, fully feel it but for a second it was, like... Like, it rose up, like...

Yes.

Oh, well do we have to just be so... You know?

[00:13:36]
And I...and I think that is true, Danny. I am glad you brought it up because these are memories from childhood. These are, like, well but I kept my candy... Halloween candy for a couple of months and I would have a treat every night. and... and Serene was saying it is an emotional thing that you had as a child and you are trying to recreate. But we need new memories.

This is my point – new memories: Yes, great because you can actually base them from the beginning around, around healthy treats. But let us take old memories and let us reinvent them. Like in the cookbook we reinvented Lasagne and Pizza. We are not trying to take the comfort away – we are just trying to add a few... A few tips and tricks, so what I am saying, like, for Easter... Our children – we still do Easter egg hunts but we get on the internet and we order, like, the healthy candy that is made out of a xylitol or... Maybe that is... Maybe there is a few things that are...

We hid some of our chocolate bars last Easter too!

Yes, exactly!

I remember this.

Hid some of our own chocolate bar... But, you know, there are... There are healthier alternatives that are delicious. And you can do Halloween healthfully.

Yes.

If you do not – do not worry, just have a few and then chuck.

Yes

And all I was trying to say when I said: Throw it out, Danny. You do not... It does not mean throw it out and then have nothing sweet for this festive season. Throw it out and then grab something that is on plan to replace that.

Well, and I am glad that I felt emotional about your words because I, actually, personally want to disconnect those... The... not... I mean, emotions and eating are... are great, I think. So I do not mean, disconnect emotions from beautiful eating. But disconnecting emotions from sugar is something... Like... Like a Pop-Tart on a Sunday
morning – it is just... in my heart somehow. And it is, like, I did not realize it until you just said, chuck it, so brashly.

S  But guess what? It is actually not the sugar... I... I noticed that because there was a tragedy that happened with... With some people that we know, and I was not into sweet at all, you know, I was not craving sweet at all during my pregnancy – I was just wanting savory.

[00:15:33]

S  But when that happened, all of a sudden all I wanted was cake and candy but I was actually emotionally satisfied with just the sweet taste. It really was not the sugar that my body was craving for – the comfort was in the taste buds, somehow.

D  Oh, yes, that is a good point.

S  Right Pearl remember....we went to this event...

P  I do remember that, Serene.

S  And there was chilli and all this stuff and I just gravitated... It was Trim Healthy but... I gravitated to this cake and she was just, why are you eating sweet? You hate sweet. But it was... It was just nurturing my soul.

D  Yes

P  Yes.

S  But it actually was satisfied with the sweetness not with the sugar.

P  Yes.

[00:16:04]

D  That... Yes, that... See the... There was a cheesecake at our little thing we did – remember the, with the Admins?

P  Yes when...

D  Do you want to talk about that?

P  Yes, when our Admins came for a Retreat and...

S  Yes, oh delicious cheesecake

D  Yes, there was this incredible cheesecake.
D: But you are right – it was, like, emotionally comforting.

P: It was.

S: Absolutely.

D: So it is not the sugar.

S: No.

P: I do want to talk about that. I want to talk about... Let us go there – throwing things in the trash like that because I know people think that that is wasteful.

[00:16:29]

P: But here is the way I look at it: It is much more wasteful putting it in your body over and over again.

S: 100%

P: Much more.

D: That is a great point.

P: Much... You... You know, when you start doing it continually you are... You become that garbage can. Maybe...

S: Can I ask you a question?

P: Maybe one... You know, have it once – just for the feeling – but do not become the garbage can. This is... This is toxic food. We are talking toxic Halloween candy here, right? It is okay to have a little piece and enjoy the night but then, if it is going to continually be poison in your body with all those chemicals and all that... Like, that candy corn stuff – I am sorry – it is red dye... It is stuff for your children, you do not need them to be having that and you certainly do not need. When you keep pouring it down your gullet you become, literally, that garbage can.
What happens if you buy your child – I do not because it is crazy with all the children to buy them brand new shoes that are, like, name brands when they are going to grow out them so quickly. But say somebody was that kind and they brought Nikes or... Or some other famous brand for their children and, you know, in about three months they did not fit them anymore. This is a real wild analogy, okay?

Okay! I am hoping you are going somewhere – sometimes she hits it and sometimes

I feel it. Yes.

It is a lot of money – it is a lot of money, right?

I am feeling it though.

And then all of a sudden they do not wear them anymore. Are you going to eat the shoes so you do not waste your money? It is a very close analogy because that candy is not food.

No!

It is chemicals.

Yes.

There rats... My goats would rather eat those shoes than the candy.

Wow!

Well

No, no – you are right, Serene.

Because it is a waste of money, right? You spent all that money but now, you know, oh, well they do not fit them anymore and I do not have any children to hand them down to

No there is a mental game.

Do not eat them!

There is a mental game, especially if you get something for free. It is, like, someone can buy me some Snickers and I will just... And I am almost, like, stronger to be, like, you know what? No thank you, but if
somebody, like, a... gifts me a Snickers bar it is almost like... It is almost like, you know, God is giving me something or something...

[00:18:23]
P I need to eat to eat this because I have been given it.
D Yes, it is like a brain game or something.
P The neighbours handed me these, this packet of M&Ms.
D Right
S So when the drugs were passed over the fence in the back of the... Whatever... It is from God!
D Right, or it is, like, if Mom made this and brought it for Christmas and stuff... I mean, these are hard things to do... This is not easy, right?
S No but I think that we need to...
P But what if... We need to look at them in the light that they are in because, as Serene said, they are not food. That is not real food.
D Yes
P I mean, it is...it is an event.
S I have got it!
P Halloween or whatever you call it is an event. It has happened now.
S I have got a better analogy.

[00:18:56]
P Okay, but I am... I am just continuing mine. That happened... That was the party.
D What, yes.
P Now the leftovers are junk.
S You have had the party, Pearl... Listen to this, you have had the party – you have blown up the balloons.
P Okay.
S You... You have got the crepe paper – we call them crepe paper in Australia in the...
The streamer paper

What are they called

You know – the streamers. You know, you decorate the roof and they hang.

Whatever... Whatever.

Probably streamers, yes

Right, and the balloons and these special napkins and whatever – you have spent money. There are leftovers – there is five napkins, there is a bunch of balloons that... They are up, right? Are you going to keep them up?

Keep them up?

Are you going to eat them? Are you going to eat the balloons?

That is a good analogy!

And eat the crepe paper, because they are left over after the party.

I know you got another one in you too.

They are not food – chuck it!

Yes!

Before we close today another analogy shall be spoken.

She might have another one!

Actually, if you want to know a little titbit – a little insight into... more of our personal lives – my nickname is SAG: Super Analogy Girl.

Yes, she comes up with them.

Okay

I wear a cape.

Okay
P  She does!

Advertisement:

P  Hey, you are listening to the PODdy with Serene and Pearl and I am Pearl and who are you?
S  I am Serene.
P  You know we are not at loss for advertisers, right? We choose what we want.
S  Yes – we are very picky.
P  We will not willy nilly things just to advertise, so you know if we are speaking about it we believe in it.
S  I am excited about Pact...
[00:20:14]
P  I am too!
S  Because I actually went out and got the stuff and love it! I do not love a lot of things when it comes to clothing because I do not even... You notice I am not a jeans wearer, I am not... Because I am all about comfort and if I cannot sit down and feel comfortable I am bugged by my clothing.
S  This clothing – I feel like I am free. I... Right now I am wearing the most comfortable leggings, I think I have ever put on, in the world. They are not scratchy and they do not feel rough and fake. They feel like second skin.

P  Hey, we are talking about Pact where you can get clothes made with completely natural fabrics and Serene and I have been wearing these clothes and what a difference. You were thinking, oh Serene and Pearl, you are wearing this Pact clothing now, right? And it is probably super expensive. This is the good thing – it is so affordable.
S  And listen all you nursing mothers out there – I brought the... The wrap dress. The simple wraparound dress – it was a really good price. It is excellent for nursing. You put a nay-nay tent over it and there it is easy, easy access.
P  Listen, the tees are just 15, the leggings are 30 and the undies are only around nine but these are solid...

[00:21:26]

S  Undies for nine dollars?

P  Yes.

S  That is amazing. Listen, because I got into, like, this huge, big only natural fibre hobby for a while.

P  You were paying 35 bucks for undies.

S  I went almost bankrupt. Yes... 50 bucks for a good pair of undies. This is a good price for undies.

P  I am telling you – when I put that sweater on, Serene, my body went, aah. We are offering our Poddy listeners a discount but first you have got to go to wearpact.com, alright? That is W-E-A-R-P-A-C-T.com then you enter the code Trim Healthy and you get 25% off mate.

S  And that is not all!

P  What?

S  I am just pretending!

P  Wearpact.com, you go to W-E-A-R-P-A-C-T.com and you enter the code: Trim Healthy and check out for a whopping 25% off. That is a quarter off, people.

[00:22:16]

S  This is the Poddy with Serene...

P  And Pearl

S  Get it right – it is P-O-D-D-Y.

P  I do want to talk to you about just some of the things we do because just because it is part of the season that we have always done.

D  It is like in a... It is like a trigger.

P  Like... Yes. Well, I was always a non-bed-maker – so that was me always. Right?
D Yes... Yes.
P But now I have changed so I am just... I keep pushing that because I... You can too if I could.
D Yes
P You know, 47 years of non-bed-making, come on! One year of bed-making.
D So this is pretty new?

[00:22:46]
P Oh like one year, Dan. I am almost celebrating my year.
D Happy birthday!
P Thank you.
S You... Your year-a-verse... Your anniversary!
P Hey! But, Serene, shall we go and... And we are going to be very kind to this lady – she is a lovely lady that we have consulted business-wise with.
S Oh that is right. Oh, yes an amazing lady – love her.
P Do you want to share the story?
S Yes
P The... Last week we were in Texas for a business meeting, right?
S And... And... And we were, excitingly, up at a factory and a...
P I do not like calling them factories.
S Well it was not a factory.

[00:23:16]
P It sounds like slave labor.
S It was not a factory – it was an R & D kitchen, natural-flavor, artistry house thing. Anyway, we were...
D That sounds better than a factory.
S We were... We were...
Creating...

Formulating coffee creamers all natural

Okay

MCT oil-based coffee cream, they rock.

Oh my goodness – they rock!

They are thermogenic, they have collagen in them.

But anyway, so we were tasting ours over and over and over and over all day long, and we were, like, no a little bit more this... No take the sweet a bit down... No up a bit. Like we were all day tasting, right?

[00:23:44]

And so we were getting a little bit burnt out, like we do not know what tastes good anymore. And... And she is, like: Well, here - taste my Pumpkin Latte.

Yes because we had a Pumpkin Spice one that we were working on and she was, like I just went to Starbucks and here is my Pumpkin Spice Latte. Taste this.

And she is, like I love you guys' way more than this. And we were, like... We tasted it – we almost spat it out it was so sweet and chemically gross tasting.

Poor Starbucks

And she is, like I do not really...

Starbucks do some things right but...

Yes, they do – I love their cold brew, oh my goodness!

Sure, cold brew is off the charts.

Yes! But, but she is, like I do not really love it – it is actually gross – but... And we were, like, well, why did you get it? And she said, because everybody was ordering it and it is fall.

Because it is fall

[00:24:21]
D Yes

P And I said, do you get those every year? And she is, like yes. As soon as it turns fall I get my Pumpkin Pie Latte. Now this thing had probably... sugar grams out the whazoo. Probably over 100 sugar... sugar grams. They were not helping her. You know, she talked about things: Oh, I am really interested in your plan, and things like that but these... that one drink just must have been spiking her blood sugar to the universe... Or like, past the Milky Way.

S There is... There is a few treats... Let me just... Let us just talk about that, okay? If you want to treat yourself this Christmas, do it with food not drinks.

P Yes, do not say Christmas – holiday season.

S Holiday season

P Like, the whole thing whatever it is called

S Yes, I know, but Serene Christmas Campbell – that was my middle name.

P Yes but people are thinking all...

D For you this is all Christmas, is it not?

[00:25:07]

P People are... The eating season – let us call it.

S My last... You know, our maiden name was Campbell and my whole life I was Serene Christmas Campbell. But I think of Christmas from now until then. Sorry, you wonderful H people and all of that.

P H

D Halloween

S Halloween

P Oh.H people!

S I just dis it, right? I just do not even recognise it. The H-ers.

P Oh! Good on you. You H-ers!

D The H word
S   H-ers!
P   And the T... No she does celebrate Thanksgiving.

[00:25:28]
S   Yes, I am a total Thanksy.
D   Yes
S   Yes, but in anyway... What was I talking about?
P   I do not know!
S   I am only good at my SAG's today.
P   I do not know, Serene. You need more cauliflower. There is a latest study that came out that said cauliflower... Within one week of eating it, if you eat it several times in a week, it improves your recall by 30%. How much cauliflower have you had this week?
S   I am having it tonight but I have not had a lot this week.
D   Oh! You are down.
S   But... No, no, no, no, no... But we were talking about... what were we talking about?
P   Pumpkin spice and it... Oh, these are the things that you should not do...
S   Oh, yes! It is because you interrupted me and told me to stop saying just Christmas.

[00:26:03]
P   Sorry
S   That is who derailed me... Oh my goodness! Big sister again, no I... we would rather you eat your treat than drink it because it is the drinking ones that are just... That so sabotage your system. They... They are... It is like a sugar flood. It goes in – there is nothing to slow it down - and it is immediately into your blood sugar. It is more abusive. It is... It is like a punch instead of a little slap.
P   But this lovely lady – sweet lady – she did not realize what it was doing to her. It is... Yes, she just picked it up. You know, several times a week just because it is what you do.
Some people think: Oh, a drink, it is not as bad as food. A lot of people think that: Oh, it is just a drink – I am just having a little...

It is the opposite, right?

Yes, it is the opposite.

Yes

Yes absolutely.

But in... But let us get practical and talk about some of the things we can do, okay, this season.

Yes! Well, let us remember... Let us recap, first of all – I am a slow eater.

Alright!

And I am going to arrange new traditions, new memories. I am going to actually be pro-active instead of being, like, okay this is how I am going to defend myself against temptation. This is what I am going to do when I go out to this party and that party. And that is all great. What about creating parties to create positive places for your treats?

Create new traditions. What about this, saying this sea... This season will not derail me. I am an overcomer – I have totally got this.

That is good.

Now, what happens then when you do go to a party and you sugar binge, right? So I look at it like this... Sorry to bring this up again, peeps, I cannot stop it. What happens on the days when I am too busy to make my bed, right, and I just... And I look at that bed the next morning and I am, like oh, I cannot do it. I mean, I just... Yes, forget it – it is just me.

No, no, no, no, no. no shame! Who am I? I am a bed-maker! So who are you? You are a getter-through-the-holiday-season-er!

Yes! You totally are

Yes you are...
D That is right out of the dictionary!
S Getter-through-the-holiday-season-er!
P You are!
S That was powerful!
P Do not dare think because other seasons have derailed you and taken you right off, and you have to start again in the New Year and you are up 15 pounds. That it is going to happen like... You claim it and you say it. And you say it to yourself every single day – even when you mess up you say it.

S As you are driving to the Christmas party, oh, I am so going to rock this party. I am going to really... I am going to eat slow, maybe you will tell yourself: I am going to allow myself one treat, or whatever. And then you tell yourself: You know what? I am going to really enjoy conversations tonight. I am really going to feed off of friendly fellowship.

[00:28:29]
P And I am... I am going to choose the protein - whatever protein is there.
S And I am going to sit down and really savor that thing so that it is slow and I can really have the enjoyment of one piece instead of rushing through four and not even realizing I had them.

D You actually will inspire others around you too. I noticed, you know... I... I remember being at a party and there was this guy my age refusing treats. And it was really inspiring, actually. You know, I... I always pictured that if I did that... And this was before I was really, you know, reformed in my eating... And I pictured to be that guy would be, kind of, like the rude, stuck-up, you know, organic, whole-foods person. And we are just trying to have fun and why do you have to bring your... I do not know – it is just... It so emotional

P Yes.

D But I saw this dude and his physique was pretty awesome too. And I just thought, well no wonder. And, like, he is like... It inspired me.
The person that can say no so, like... Oh you know me – I am that person that can say no to sugar. I am that person.

[00:29:26]

Yes... Yes.

And you also have got to be the person, because this is what I have to tell myself, also you get to be the person who can say yes occasionally and know that you can get back on the horse.

Yes. Now some people say to the... Tell me, though... Some Trim Healthy Mamas like: It is like I am an alcoholic.

Yes

No, totally

I cannot do sugar. Some people are like that – it does this chemical thing in their... in their brain.

Yes

Yes

But I also always want to tell them... It is, like, those people...

Say: I am always the... I am always this because...

[00:29:54]

Yes, yes, yes, yes... Because then they think if they do it once it is all over and then it is almost an excuse.

Oh, right yes

But I want to say to them, actually you are not that person because sometimes you might get a little bit of unknown sugar in your food. Come on! You live in this world.

Yes, what... What do you...?

You do not have to be that person.

And you want to be in control over it.

Yes.

Instead of sugar still being your master even in that way
Now, yes – avoid it on the most... hole. But just know that let us just say you get some in somehow. Or you slip some in or your grandson is born and you get a piece of cake right at the... There and you are not going to say no to that. And it just happens – life happens. You are not that person who gets completely derailed...

No!

That is not you, baby

Exactly!

That is good.

And another one I am going to say to myself this season: Ah, you are the type of person that sits down when you eat. Because half of my problem is eating in the line, eating while I am running around preparing, eating while I am talking quickly to people. And by the time I sit down with my plate I have had three or four meals.

Yes.

Yes... Yes. So you mean, like, join the group and eat normal.

Sit down and... Well, half the groups are up at Christmas parties.

That is true, yes.

They... they are doing the same psycho, rat-race stuff as... as I was. But this season I am going to fix my plate and sit down and remember it. So that is all I will need – is that one plate.

Yes and we are talking about holiday events here but what are the things that we can do on our own... in our own homes on a daily basis to bless ourselves? And, you know, these are the things where we do make the wonderful, beautiful drinks and treats. Like...

Pumpkin Pie Sip – I am totally going to do that.

You can... You can Google Pumpkin Pie Sip right now, it is a recipe that Serene created - really to give you the taste of the season. The taste of fall and all that flavor but it whittles your waste at the same time.
You know, there is a recipe in The Trim Healthy Table that... It is the Pumpkin Light Squares or the Pumpkin Silk Squares?

Yes, the Pumpkin Silk Squares.

But, you know, something happened – I am going to have to try that again.

Why?

Something happened with the printing because when I made it, it was delicious but when I made it from the book it was a little too thick.

Really

Yes, I am going to re-make it and then maybe I will bring it up on the PODdy.

I have heard quite a few people have wonderful results with that, Serene.

But if you make it, guys, and it is a little bit too thick – just thin it down with some more almond milk. But I love it

I am telling you our... I am telling you what is great: Our Cinnamon Muffin in a Mug or Cuffin Mix, right? You throw a little... a little bit of pumpkin... some pure pumpkin puree in there. Put some pumpkin spice – it is the most wonderful cake or muffin.

And now the Trimtastic Cake is made so much easier with canned pumpkin instead of the zucchini.

Yes... If you... Yes, exactly! So these are things that you can bless yourself with. You know, a yummy afternoon... I always love to bless myself. I never feel deprived when I take the time in the afternoon to do... to make a yummy festive hot drink, especially during this weather.

We are, right now, looking out and it is raining and we are so cozy in the little cabin. And, you know, to sip on something that is so full of flavor but...
S A pumpkin... I... I like to make it this season – I make a whole, like two quarts, like, and put them in the fridge. So it is so quick to just heat up. But I make a Pumpkin Chai Hotnog.

D Sounds awesome.

S So I, basically, a Trimmy with, like, a black... If you are not... If you do not want caffeine at all out there you do not have to use black tea or oolong, you could choose chamomile tea or rooibos or whatever. But you make a tea and then you put the collagen and MCT oil and a little pumpkin puree. And then you put some nutmeg and some black pepper and some Gentle Sweet™ and vanilla and Celtic salt. And you blend it all up.

P How much puree? Just a tiny bit? A couple of table spoons, really?

S Well, I am making two... Two... I am making almost a gallon's worth.

P Okay, so how much puree would you put in?

S Into glass, you know, two quart containers. Like, two... Two quarts. And...

P You always make so much it is hard for people to get a realistic version.

S Okay well let us just say a quart. You want to make a quart?

P Yes I want to make a quart.

[00:33:35]

S Okay because that could go for a day. I would just make... I would put, like, three...

P Tablespoons

S Two to four depending on the one you want. Two to four – it could be three – in between there. Rooibos, chamomile, black tea or oolong.

P Hang on, two to four tablespoons of pumpkin puree?

S No tea bags

P Oh! Thank you can you say stuff?

S And brew them, you know, and maybe, like, one cup of water. You are making a strong brew. Okay?
P    Got it.
S    And so and once it has brewed for, like, five minutes put it in the blender and put maybe, like, a... A scoop of collagen.
P    Yes.

[00:34:02]
S    Put, like, a teaspoon of coconut oil. You could put two if you want.
P    Is this a Sipper?
S    I am just making a Hotnog.
P    Oh
S    This is the... I am not even worried about the Sipper at this point this is just a really nice afternoon, before you go to bed, you know, with your lunch Hotnog.
P    I am trying to get to the pumpkin puree. How much?
S    And then I might throw in, like... I mean, like, quarter of a cup of the puree.
P    Oh! So that thickens it to a little bit of a... More than a broth drink.
S    And then you add some almond milk and then you add some Gentle Sweet™, some Celtic salt, some vanilla, nutmeg, black pepper.
P    Any cream or is this a fuel pill?
S    No, the coconut oil will do that.
P    Oh, how much
S    Maybe a teaspoon... Maybe two if you want to be decadent.

[00:34:39]
P    I guess we should write the recipe down.
S    Okay
P    Because everything Serene does, is just, throw in. But I really want to make this – it sounds yummy.
S    But you blend it up... Blend it up and pour it into the quart and then add... Then add water to the top. Shake it up, put it in your fridge.
And then come and heat up your cup whenever you want it. It is delicious.

P  Hotnog. So what is a nog?
S  It is a Pumpkin Chai Hotnog. With some cinnamon and a little ginger.
P  Did we not... Did we not make this and put this on the membership site one time?
S  Yes I am sure we did.
P  We made... We even did a video of it that sounds similar.

[00:35:02]
S  Yes that would be it.
P  Good girl!
S  That would be it. I make it every year.
D  Hotnog!
P  Watch our video.
S  But you know what? It tastes like pumpkin pie. So this is what I do because I love pumpkin pie – I have one slice of pumpkin pie, my seconds is my drink... My thirds is my drink... My fourths is my drink.
P  Okay, so you have one slice of Trim Healthy Mama Pumpkin Pie, of course and then you have the drink afterwards.
D  Oh, pumpkin pie! It is so good.
S  Yes because I keep wanting to go more and more and more. And this is so light in calories.
P  Exactly
S  You can make it as light as you want. You can do half a cap of MCT or go down or go up.
D  Why are we not eating pumpkin pie right now?

[00:35:29]
P  We should be.
It is... What time is it? It is, like, pumpkin pie time – that is what my watch says.

I know. Hey...

Or the cranberry, we have got to... You have got to do Cranberry Pie.

The Cranberry Wassail. Oh that is... Oh, your Cranberry Pie, Serene – that is so good.

Oh, yes the Guiltless Cranberry Pie.

Guilt Gone Cranberry Pie, look it up right now. We have a video... It is all over the net... That stuff is good.

So in the - your recipe book – is there, like, all this stuff?

Some of them

Yes. Danny... Oh, you are just about to get a yelling.

A good yelling!

[00:35:56]

A good yelling because...

My wife owns the book which means I own the book.

I know, you have never cracked it, though.

It has not been cracked by these hands.

You are on a man plan, Dan.

And, you know... And... And, also, this season I think about... Because in...

Because you do not do recipes

No

No yelling for you!

Instead of deny... Like, I am only going to have one piece of Aunt Marge’s Pecan Pie and I am going to do this and this is who I am and all that. This is all great stuff... This is all great. We have had the... Spent the whole PODdy doing it.
But, also, let us think of the, “Can-Haves”. Like, the things that you can have that are on plan. Like I... That are expensive and that are a little thing that you would only splurge on at this time.

[00:36:25]

S  So I think to myself: Ooh, really good aged goat’s Gouda cheese. What else would I really love at this time? Organic Brazil nuts with... dipped into skinny chocolate or something...

D  Nuts and cheese

S  Think of the certain things that you love that are on plan and treat yourself to them. And if you are on a budget, like, save and have it specially for Christmas Eve and you will be looking forward to that thing.

P  Just so you feel very blessed.

S  Yes! Think of the good blessings and indulge.

D  Nuts and cheese are like cake.

S  Yes

P  Do you know what I love about this season too? The foods that are on plan naturally and are not even very expensive. Like, now comes the sweet potatoes. Now comes the cranberries.

S  Pomegranates!

[00:37:04]

P  Now come... Yes, I love throwing pomegranates on my E-salads. All these foods that we, like you say, can have – let us focus and delight ourselves in them rather than, you know, that other thing that pulled us down every year that is actually toxic to our bodies.

S  There is a Crossover of our desert. Thinking of pomegranates that a sweet, dear family friend of ours makes every Christmas. Now it is Crossover but, hey, it is better than Aunt Marge's Pecan Pie.

P  Crossovers are awesome.

S  Exactly! She... She de-seeds a bunch of pomegranates, whips cream...

P  Yes!
And then puts chocolate chips but we could do our Trim Healthy Chocolate Chips.

Yes, she does.

So it is chocolate chips, pomegranates and whipped cream and you just... And a few nuts and you just stir it around together.

I so wish I could chime in with my recipe.

So simple and so yum

What is it?

I do not have it – that is the thing!

I know what it is.

Oh!

It is, like, Gentle Sweet™ down the hatch in gobules.

But what I am going to do is pull out the old cheesecake recipe from last year and be that guy!

Are you going to be that guy?

Yes, but I mean right now in this conversation it is, like: Ooh and then this and then that. And I am just, like, looking into these bankrupt pockets. Like, I do not have an offering, but you know what I do have? It is totally off topic but it is a... But it is a... It is a very satisfying improvement of water that I do.

Oh, yes

What?

And it is, like... You... You have got something like it in your book but I just threw in some apple cider vinegar which is, kind of, you know, holiday-ish.

Yes... Yes.

Yes it is.
Into some water, put Gentle Sweet™ and salt...

Yes.

No, I am sorry – Stevia and salt and magnesium powder and baobab.

Wow! The citrate... The citrate.

Really

And so it becomes... It actually tastes to me like Gatorade.

Yes!

Oh!

I mean, almost...

[00:38:46]

And the salt is giving you electrolytes.

The salt part

Oh, so that is Danny’s own electrolyte drink.

I love it, Dan.

Yes, so as you were sharing recipes I just thought: Well, you know, I do have this new thing I am doing.

You felt left out.

I just felt, kind of, left out but, hey, I want... I want to tell you something: I like really... Oh, I am sorry – and a full lime, right?

Ooh, nice.

Ooh, nice, Dan

That was the... That is the key...

That actually sounds delicious.

[00:39:04]

It really does.

It is really good and... And it is a... For me, because I just figured it out, it is going to be my holiday, kind of, sipper kind of thing that I just have on tap. You know?
I like that. Is it a “What if You Could Sipper”? Is that what it is?

It is the “What if You Could Sipper”.

Let us call it the “What if You Could Sipper”.

Hey, not to trump you or anything, Danny but… This is totally not...

I just left out...

I do not mean to, like, have the final say or anything.

No, you are good… It is your podcast.

This is not what this is at all. I promise you.

It is actually… I mean, you own it.

But… but you... No, I am not trying to do it but it just reminded me – when you said apple cider vinegar and the season.

So instead of the regular Good Girl Moonshine which we do with ginger… which is seasonal too, I have been... What I have been doing is putting a little apple cider vinegar in my... in my water and then putting half a teaspoon of true cinnamon, but then that is yucky because it is globules, right? And it gets on your lips and it burns your outer lips.

You mean cinnamon powder?

Does it?

Right, yes, cinnamon powder but what I do a good amount... It is so good for your blood sugar, especially when you are... When you are...

Well, I wanted to do the Superfood Spotlight about cinnamon today.

No but listen... But listen... I put... I just do a little water, the little apple cider vinegar, the stevia and the... the good amount of cinnamon, like half a teaspoon. And I get my handheld blender and blend it into the bottom of the jar.
Blend, blend, blend, blend. Then add my ice and water and it is smooth and, kind of, creamy and you do not get the globules of cinnamon burning the top of your lips.

Oh!

It is smooth... It’s incorporated into the water. It is very yummy – it is holiday tasting.

Could... It... It does... It does not work the same way in a blender?

Of course it could but that is hard and then you have to wash the blender.

Oh, got it! Hey... I like to do the shaky shake.

Can we do...?

No, even if you do the shaky shake those globules are burning your lips – the cinnamon.

Yes.

Oh, okay.

Can we... If you do a lot of cinnamon. Can we take today – because of the season In honor of the season and let us talk about cinnamon.

We must.

Hey, so this holiday season we will be talking about cinnamon, right now on the PODdy.

On the PODdy.

Is it not absolutely strange that that is our superfood?

Yes.

I am so excited about cinnamon. Cinnamon... I love cinnamon for many, many reasons and they were not the reasons that we are about to say now. These are just the icing on the cake.

Okay.
S I love cinnamon because of its jolly amazing flavor and smell.

[00:41:15]

P There is no smell like a cinnamon smell, especially when mixed with vanilla.

S And we are coming out with a Cinnamon-Glazed Donut Coffee Creamer that rocks!

D What?

P It rocks, Danny.

S Your taste buds, around the clock on that.

P It... It shall be released, hopefully if all goes to plan, along with our coffee, our Guate Mama Java.

D The flavour is called: Cinnamon-glazed...

P No, it is just called Glazed Donut but the flavour of it is... What comes to mind when you have a glazed donut is, sort of, cinnamon and icing-ish.

S Oh, yes!

D That glazed donut.

[00:41:47]

S You know cinnamon has cinnamaldehyde – it is anti-fungal and anti-bacterial out the whazoo. That cinnamaldehyde reduces infections, fights tooth decay, fights bad breath. That is why it is the choice other than peppermint. You know, peppermint or cinnamon? You know?

P Right in gum and things like that.

S Yes but also, they did a study of 26 spices for anti-oxidant, you know, effect.

P Yes.

S Which ones were going to be the... he most effective. Do you know that cinnamon was at the top? Above oregano... above some of those powerful herbs, Pearl. Cinnamon – at the top.

P That is incredible. Now... But why we really love it for Trim Healthy Mama and why we really push it is its incredible effect on the blood
sugar. It can help regulate your blood sugar and they say just adding cinnamon, to any meal, helps your body not go crazy and surge so much insulin to combat blood sugar.

[00:42:40]

P  It helps to, like, dampen that surge. And that is why I love putting it on my... You know, most of you know now my Sweatpants Oatmeal recipe. And I just put the cinnamon on real strong on the top.

S  Hey, I reckon Sweatpants Oatmeal is going to have a real awesome staple-ness to the “What if You Could” non-derailed holiday season. Because it is cold outside and you are not necessarily wanting yes, cold smoothies.

P  Yes, baby. Baby it is cold outside.

S  A nice hot Sweatpants Oatmeal

D  I am so glad you are talking about oatmeal right now. I... I for... I have not had oatmeal in weeks. I forgot about oatmeal.

P  You... But you must... Now 'tis the season for oatmeal, Danny.

D  That is what I... That is what I love about this podcast – just being here. It is, like, you guys always remind me about foods that sometimes I will just... They are, like, my favorite but for whatever... Life happens, you know?

S  Well, cinnamon is a potent... Back onto the track, Danny.

D  Sorry

S  Good on you mate

D  Thanks.

[00:43:32]

S  Danny... cinnamon Is a potent anti-inflammatory food. Now we say that about a lot of foods but, hey, God just blessed the foods with it. And cinnamon is one of those. Awesome

P  Absolutely

S  But, you know, it cuts the risk of heart disease and it fights cancer. I mean, cinnamon is a powerful, powerful food. It just happens... So happens that it is just delicious.
P And why we can enjoy it on Trim Healthy Mama is because usually cinnamon is paired with sugar but we do not have to pair it with sugar and we can enjoy everything about it with natural sweeteners. Is that not great?

S Oh, do you know what I love?

D Epic!

S I... I have a little oil gun thing... Spray bottle that I... I actually got it from a special health-food store but I think you can actually order them off the internet...

P I think Pampered Chef have those too.

[00:44:09]

S And it sprays my MCT oil.

P Yes!

S I just pour my MCT oil in. Every spray is a quarter of a teaspoon so I am totally in control of that – how much. So I spray... I will go zoom – a quarter of a teaspoon on one piece of Ezekiel toast, zoom on the other. Sprinkle Gentle Sweet™, sprinkle cinnamon. It is such a delicious E-side of, like, grain to my breakfast.

P Do you know what I love? And I grew up with savoury sweet potatoes, right? I really love a sweet potato with one tea... If I am going to do an E... Crossovers I layer it with butter or coconut oil. But if I am doing an E I will do just one teaspoon of coconut butter... Coconut oil or butter and then some good brags and some good cayenne pepper. But my other way, which I love for this season, is one teaspoon of butter or coconut oil, Gentle Sweet™ and cinnamon.

S And a little salt

P Oh yes

S Oh, baby

P It is just so incredible!

[00:44:59]

S Oh! And then you could do it, like a Greek yoghurt swirl on the side.

P Yes!
S  You know, for, like, your protein?

P  But I eat it like savory on my plate next to a piece of real chicken or fish. Oh, yes babes.

S  Oh do you really do [overtalking].

P  Oh I do, Serene. I can do that.

S  Oh I will have to check on that one.

P  Danny, why are you laughing?

D  I am just enjoying the whole... The whole show!

P  You know what, though? So just, yes, get... Really get liberal with cinnamon. And I know people say they are very concerned about cassia cinnamon in... In America because that is the one mostly used.

[00:45:28]

P  I think people are really getting educated more about Ceylon cinnamon. Do you call it Ceylon or Ceylon?

S  Ceylon.

P  It is the better choice but I still think, as long as you are not, like, pouring tablespoons down your gullet any cinnamon will help your blood sugar.

S  Yes! All cinnamon has the... has benefits. You know, Pearl, it is a... Also excellent to reduce your fasting blood sugar levels so having, like, a little Baby Frap... Cinnamon Holiday-Spiced Baby Frap before bed if you...

P  Yes.

S  If you are hungry and you... And you are going to have a bedtime snack maybe pop some cinnamon in there.

P  Absolutely

D  What is a...? I hit myself in the face with the microphone! What is a microphone?!

P  And this... He says: What is a Frap, because he has never read our cookbook.

D  Yes, what is a Frap?
You know what? I am glad you ask these questions because we have newbies here and Serene and I talk like everyone has been with us for five years.

Old pros

A Frap is our Frappuccino drink that Serene first came out with in our very first book.

That should have been Frappe.

That should have been Frappe but then we had a... So huge... It was, like, an overflowing quart size of creaminess. It is a fuel pill but it whittles your waste. It... It shreds the fat off you. People need to remember the... The Fat Stripping Frappe but then it was so big we thought, for snack size or nighty-night desserts size or before bed size we would do something called a Baby Frappe.

Oh

I mean, it is totally on our Membership Site everywhere and in our second... No our cookbook. It is in there.

So I am just saying, make a vanilla cinnamon flavor. Make a... Make a cinnamon cookie flavor. Like, come on people.

Oh, yes

Just pour the cinnamon on.

Because it helps with the fasting blood sugar.

High and deep please. Hey, we are done. We shall go enjoy some lovely cinnamon flavored things tonight. I am getting myself ready

I am going to make a Pumpkin Hotnog.

Good girl.

Yes, I am because I am the person that is going to be not de-railing my season.

Okay, thanks again for joining us and we will see you the next time.