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Cottage Berry Whip Popsicles (FP)

Try our Cottage Berry Whip Popsicles for a fun summer treat that is packed with protein and sweet goodness. Make this into a frozen treat or eat it right away as soft serve... A great way for the whole family to cool down on a hot day!

Serving Size: Multiple-serve

INGREDIENTS:

- 1/2 cup low-fat cottage cheese
- 1/2 cup frozen berries
- 3 to 4 teaspoons THM Super Sweet Blend (or, 3 to 4 doonks THM Pure Stevia Extract Powder)
- Pinch Mineral Salt (optional)
- Dash vanilla extract

INSTRUCTIONS:

1. Place all ingredients into a food processor or high end blender.
2. Process until smooth
3. Taste and adjust sweetness if needed.
4. Pour immediately into molds and freeze.

NSI (If using a store-bought, plan-approved sweetener.)

The *Cottage Berry Whip Popsicles* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com