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## MOCHA EARTH MILK SIP - FP

*This version of Earth Milk switches things up with the flavors of coffee and chocolate together!*

Serving Size: Single-serve; 1-Quart All-Day Sipper

### INGREDIENTS:

- 1 cup of brewed coffee or a shot of espresso with water added to equal 1 cup
- 1 tightly packed cup of leafy greens of choice
- 1/4 teaspoon THM Chocolate Natural Burst (optional)
- 1 to 2 teaspoons cocoa powder
- 3 doonks THM Pure Stevia Extract powder
- 4 pinches Mineral Salt
- 1/4 teaspoon ground cinnamon (optional)
- 1 teaspoon THM MCT oil or 1/2 teaspoon extra-virgin coconut oil
- 1/2 teaspoon THM Simply Sunflower Lecithin (optional, but makes a creamier drink that won't separate)
- 1 teaspoon THM Pristine Whey Protein or Integral Collagen
- 1/2 teaspoon THM Just Gelatin
- 1 cup ice cubes for blending and
- 2 cups ice cubes for serving

### INSTRUCTIONS:

1. Brew the coffee or espresso to equal 1 cup of liquid.
2. Stir the gelatin and coconut oil (if using) into the hot coffee. When the gelatin is dissolved, add the 1 cup ice and let cool for 10 seconds.
3. Put the greens, stevia, cinnamon (if using), MCT oil (if you didn't use coconut oil), lecithin (if using), cocoa powder, Chocolate Natural Burst (if using), whey or collagen, and salt in a blender.

*(Recipe Continued...)*

(*Mocha Earth Milk Sip*, Continued...)

4. Add the coffee mixture to the blender and blend everything together for 1 full minute. Let the blender rest for a few seconds, then run it again for 1 minute, until the greens have been pureed and there is no sign of leaf sediment.
5. Fill a quart jar a little over halfway with the remaining 2 cups ice cubes, pour the earth milk concentrate over the ice, and add water to the top of the jar, if necessary. Taste and adjust the flavors to “own it”.



The *Mocha Earth Milk Sip* recipe and other delicious THM recipes can be found  
at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)