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SPRING DETOX EARTH MILK SIP - FP

Spring cleaning your house this season? Why not your body, too! This version of Earth Milk is super detoxifying using both nutrient-dense parsley and cleansing cilantro. These balancing, spring-time herbs boast so many benefits and are anti-inflammatory and immune-boosting! Cilantro and parsley also work as digestive aids, blood purifiers and may even help ease hormonal mood swings.

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

INGREDIENTS:

- 1 cup boiling water
- 2 oolong or green tea bags, or 1 teaspoon matcha powder (if caffeine sensitive, leave the tea out or use decaf green tea or rooibos tea)
- 1/2 cup (tightly packed) cilantro
- 1/2 cup (tightly packed) fresh parsley
- 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 powder or THM Integral Collagen
- 1/2 teaspoon THM Just Gelatin
- 1 cup ice cubes for blending and
- 2 cups ice cubes for serving

INSTRUCTIONS:

1. Pour the boiling water into a quart jar and steep the tea bags in it for 1 to 2 minutes.

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(Spring Detox Earth Milk Sip, Continued...)

2. Put the greens, stevia, cinnamon (if using), MCT oil, lecithin (if using), whey or collagen and salt in a blender. Don't add the coconut oil (if using instead of MCT oil).
3. Remove the tea bags and discard. Stir the gelatin and coconut oil (if using) into the hot tea. When the gelatin is dissolved add the 1 cup ice and let cool for 10 seconds.
4. Add the tea 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 or 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 *Spring Detox Earth Milk Sip* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com