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Optimized Quick Mix – FP

This mix makes it easy to enjoy a delicious-tasting protein milk to accompany your meal or snack. It will leave you feeling more filled up and will help up the leucine content of your meal or snack to fuel your lean body mass to protect and nourish your metabolism (due to the proprietary percentage of amino acids in the Optimized Plant Protein). Or, if you're not in the mood for milk, stir some into your Greek yogurt or kefir.

Makes: Multiple-servings

Serving Size: 1/4 cup

INGREDIENTS:

- 1 cup TH Optimized Plant Protein
- 1 cup TH De-Fatted Pressed Peanut Flour
- 1 cup TH Gentle Sweet
- 1/2 tsp. TH Mineral Salt

DIRECTIONS:

1. Place all ingredients in a jar, screw on lid, and shake until well combined.
2. When ready to make milk, combine 1/4 cup mix with 8 - 12 ounces unsweetened nut milk or 8 ounces nut milk plus 4 ounces water (for a lighter version).

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A TRIM HEALTHY EXPERIENCE

This and other delicious THM recipes can be found at www.TrimHealthyMembership.com