



Trim Healthy
mama

CAFÉ

EXCLUSIVE RECIPE COLLECTION





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Spinach Feta Quiche (S)

Yield: 8 slices

CRUST INGREDIENTS:

- 1 ½ cups [TH Baking Blend](#)
- 9 Tbs unsalted butter, cold
- 4 large egg yolks
- 1 ½ Tbs water

FILLING:

- 13 large whole eggs
- 4 large egg whites left over from crust
- ¾ cup heavy cream
- 1 ¼ tsp [TH Mineral Salt](#)
- ¼ tsp black pepper
- 2 cups fresh spinach, loosely packed
- ¾ cup crumbled feta
- ¼ cup Parmesan cheese



INSTRUCTIONS:

1. Put the Baking Blend in a large bowl. Cut in cold butter with a pastry cutter until the mix becomes a coarse meal.
2. Add egg yolks and water to the mix. Stir until well combined. The dough will be very sticky!
3. With a rolling pin, roll dough between 2 pieces of parchment paper until about ⅛ inch thick.
4. Place the circular piece of the tart pan on the dough and cut it about ½ inch larger than the edge of the pan.
5. Flip the dough over on the tart circle and gently set it into the pan.
6. Cut strips of the remaining dough pieces and press evenly around the edges of the pan, making sure there are no holes.
7. Using a knife, scrape the top edge of the pan to get a clean edge.
8. Bake for 20 minutes at 350 degrees.
9. Brush with egg whites while the crust is still hot to seal any remaining holes.
10. In a large bowl, whisk together eggs, heavy cream, Mineral Salt and pepper.
11. Lay the spinach on the bottom of the crust.
12. Crumble the feta on top of the spinach, followed by the Parmesan and then the egg mix.
13. Turn the oven down to 320 degrees and bake for 15 more minutes. Let cool before slicing.

Chicken Salad (S)

Yield: 6 servings Protein - 22 grams

INGREDIENTS:

- 2-3 slices bacon, cooked and cooled
- Two 12 ounce cans chicken, drained
- ½ cup mayonnaise
- ½ cup 0% Greek yogurt (plain)
- ½ cup celery
- ⅓ cup walnuts
- ¼ cup red onion
- ¼ cup cranberries, unsweetened dried
- 1 Tbs lemon juice
- ½ tsp Dijon mustard
- 1 tsp [TH Xylitol-Free Gentle Sweet](#)
- ¾ tsp [TH Mineral Salt](#)
- ½ tsp black pepper
- ½ tsp garlic powder



INSTRUCTIONS:

1. Preheat oven to 450 degrees. Place bacon slices on a tray with wire rack and cook for 5-8 minutes or until crispy. Let cool.
2. Dice onion, celery and bacon. Finely chop walnuts and cranberries. Drain canned chicken.
3. Combine all ingredients in a bowl, shredding up the chicken using a fork.

Banana Nut Protein Muffins (S)

Yield: 9 Jumbo Muffins

MUFFIN INGREDIENTS:

- ½ cup [TH Erythritol](#)
- 1 ¼ cup [TH Baking Blend](#)
- ¾ cup [TH Integral Collagen](#)
- ¼ cup [TH Just Gelatin](#)
- 2 ½ tsp baking powder
- ¾ tsp [TH Mineral Salt](#)
- 1 tsp sunflower lecithin
- ⅛ tsp [TH Pure Stevia Extract Powder](#)
- ½ cup walnuts, chopped
- 1 large ripe banana
- 3 large eggs
- ½ cup unsweetened almond milk
- ½ cup coconut oil, melted
- 1 tsp [TH Natural Burst Vanilla Extract](#)



TOPPING INGREDIENTS:

- 2 ounces ⅓ less fat cream cheese
- 3 tsp [TH Xylitol-Free Gentle Sweet](#)
- ½ tsp [TH Natural Burst Vanilla Extract](#)
- ¼ cup heavy cream
- 2 Tbs walnuts, chopped

INSTRUCTIONS:

1. Mix all dry ingredients in a large bowl.
2. In a separate bowl, mash banana.
3. Add the remaining wet ingredients to the banana and mix all wet ingredients using a whisk.
4. Slowly add dry ingredients to wet ingredients and mix until just combined, scraping the bowl as needed.
5. Let rest for 10 minutes.
6. Scoop evenly into lined jumbo muffin tins.
7. Convection bake for 30 minutes at 350 degrees. Rotate once.
8. In a bowl, beat cream cheese until smooth, using a hand mixer.
9. Add Gentle Sweet and vanilla. Beat until smooth.
10. Add heavy cream and beat until fluffy.
11. Put topping into piping bag and store in fridge until ready to frost muffins.
12. Cool muffins on a rack. When completely cool, swirl with topping and sprinkle with walnuts.



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Protein Beauty Bites – Strawberry Coconut (S)

Yield: 20 Squares

INGREDIENTS:

- 1¼ cups blanched almond flour
- 1¼ cups shredded coconut
- ½ cup [TH Integral Collagen](#)
- ½ cup [TH Optimized Strawberry Whey Protein Powder](#)
- ½ cup [TH Optimized Vanilla Whey Protein Powder](#)
- ¼ cup [TH Xylitol-Free Gentle Sweet](#)
- ¾ tsp [TH Mineral Salt](#)
- 3 Tbs unsweetened almond milk (or a bit more if needed for consistency)
- 2 Tbs coconut oil
- 2 tsp MCT oil



Coating

- 1 cup on-plan white chocolate chips
- 1 Tbs coconut oil

INSTRUCTIONS:

1. Line a 9×9 pan with parchment paper.
2. Mix all dry ingredients in a bowl.
3. In a separate bowl, mix wet ingredients.
4. Add wet to dry and mix well using your hands.
5. Press mixture firmly into prepared pan and refrigerate.
6. Melt white chocolate chips with coconut oil until smooth.
7. Pour over base, drizzle if desired, and chill until set.
8. Slice into squares.

Protein Energy Balls (XO)

Yield: 40 Balls
Protein - 9 grams each

INGREDIENTS:

- 4 cups old-fashioned rolled oats
- 1 $\frac{1}{8}$ cup [TH Pristine Whey Protein Powder, unflavored](#)
- $\frac{3}{4}$ cup [TH Xylitol-Free Gentle Sweet](#)
- 1 cup plan approved chocolate chips
- $\frac{1}{2}$ cup honey
- 2 $\frac{3}{4}$ cup crunchy peanut butter



INSTRUCTIONS:

1. Put all the ingredients in a large bowl and combine well using your hand. Roll out the balls, 40 grams each (approximately 1.5 inches).

Italian Dressing(S)

1 serving = 2 Tbs

Yield: about 25 servings

INGREDIENTS:

- 1 $\frac{3}{4}$ cup extra virgin olive oil
- $\frac{2}{3}$ cup red wine vinegar
- 1 $\frac{1}{4}$ cups Parmesan cheese
- 4 tsp minced garlic
- 4 tsp [TH Mineral Salt](#)
- 1 $\frac{1}{2}$ Tbs [TH Xylitol-Free Gentle Sweet](#)
- 1 tsp black pepper
- 1 tsp dried oregano
- $\frac{3}{4}$ tsp parsley flakes
- $\frac{3}{4}$ tsp dried basil



INSTRUCTIONS:

1. Add all ingredients to a blender and blend until combined.

Balsamic Vinaigrette Dressing (S)

1 serving = 2 Tbs
Yield: about 25 servings

INGREDIENTS:

- 1 ½ cups balsamic vinegar
- 1 ¼ cups extra virgin olive oil
- ⅓ cup Dijon mustard
- 1 ½ Tbs minced garlic
- 2 Tbs [TH Xylitol-Free Gentle Sweet](#)
- 2 tsp [TH Mineral Salt](#)
- 3 tsp dried thyme
- 1 tsp black pepper



INSTRUCTIONS:

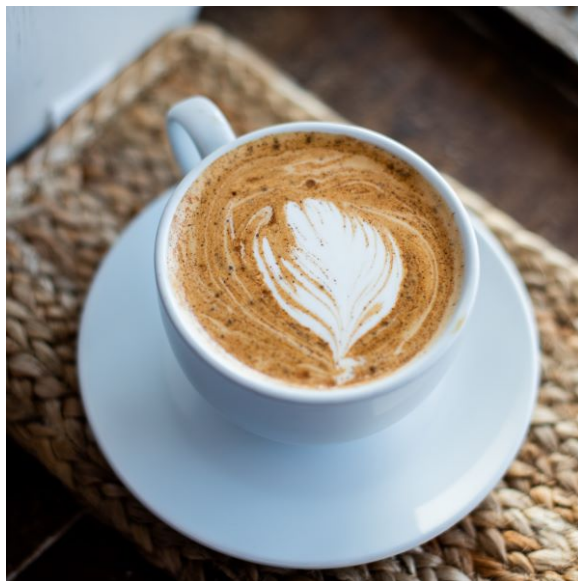
1. Add all ingredients to a blender, leaving out the olive oil, and blend until smooth.
2. Leave the blender running on low and slowly pour in the olive oil. Mix until combined.

Snickerdoodle Breve (S)

Yield: 1 serving

INGREDIENTS:

- 2 shots espresso
- 1 tsp coconut sugar
- 1 tsp cinnamon
- 10 ounces Half & Half



HOT INSTRUCTIONS:

1. Place coconut sugar and cinnamon in an appropriate cup.
2. Add the coffee shots and stir to combine.
3. Steam half & half and pour into the cup.

ICED INSTRUCTIONS:

1. Place coconut sugar and cinnamon in an appropriate cup.
2. Add the coffee shots and stir to combine.
3. Add half & half about halfway up the cup and stir again. Fill with ice and more half & half as needed.

OPTIONAL ADD-ONS:

- Whipped Cream



Good Girl Passion Moonshine (FP)

Yield: 1 gallon

INGREDIENTS:

- 4 bags Passion tea
- $\frac{1}{3}$ cup apple cider vinegar
- 1 Tbs ginger powder
- $\frac{1}{2}$ tsp [TH Pure Stevia Extract Powder](#)



INSTRUCTIONS:

1. Steep the tea bags in a 1-gallon pitcher with enough hot water to cover the tea bags. Let it sit for 30 min. Squeeze before disposing of bags.
2. Add the rest of the ingredients and whisk until combined.
3. Fill the pitcher with water.



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Come on by!

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