

Trim Healthy  
W I S D O M

## Tricked-Out Super Quark (FP)

*(S – This is my late evening go-to treat/snack. Of course, you can eat it as an afternoon snack if desired, using the full cup. I typically eat close to a full cup in the late evening, but I'm tall, and I have plenty of CLBM. If you are shorter and still on your way to regaining your CLBM, you may want to consider a ½ cup portion late evening. In the late evening you are not necessarily shooting for a full serving of protein and a full 3-gram bolus as you already hopefully had that in your evening meal. You're just getting added protein at this point and avoiding snacking on other less wise foods. The serving size in the evening is completely up to you and how your unique body reacts to this addition to your life. Even if you are a lot shorter than I am, having closer to a cup of it at night might be perfectly fine for you.)*

*The addition of baobab kicks up the gut glory of this food to a whole other level. It also provides even more satiation from the viscous fiber this powdered superfruit provides. Of course, it gives a wallop more nutrition and makes it an immune-enhancing treat. The addition of lemon helps push the protein into your muscle cells and gives another hit of vitamin C along with the baobab. It also thins the texture a wee bit. Oh...and it will also help your morning blood sugar! Stevia balances out the triple sour hit you will get from the first three ingredients. I chose stevia over the other natural, calorie free sweetener options as it is most gentle on the tummy, which is a plus if using it as a nighttime snack.)*

Single Serve

### INGREDIENTS:

- ½ - 1 cup of Super Quark (Kefir Style or L. Rueteri Style)
- ½ - 1 Tbs [TH Baobab Boost Powder](#)
- ½ - 1 lemon (use juice only)
- [TH Pure Stevia Extract Powder](#) (to taste)

### INSTRUCTIONS:

1. Choose either the ½ or full amounts and place them all in a small bowl. Use an immersion blender to whip smoothly. (see our brand recommendations [HERE](#))



### More ideas for Super Quark:

*(S - Aside from making it into my Tricked Out Super Quark recipe as a snack, you can substitute Super Quark for cottage cheese in our Cottage Berry Whip recipe.*

*\*You can use it like a much more gut-healthy and metabolic-friendly version of Greek yogurt. Whip in any of your favorite optimized protein powders and sprinkle your fave yummy crunchies and treasures on top.*

*\*Use it to stuff the Fermented Flatbread recipe, crepe style*

*\*Simply add onion powder, black pepper, and salt to taste and get creative adding other savory additions like fresh chives or dill and make a savory dip for crunchy crudites, or try my dip recipes, Super Quark Tzatziki Dip, Super Quark Ranch Dip, and Darn Gorgeous Super Quark Dip.)*