

Trim Healthy
W I S D O M

Insulin Sensitizing Mocktail (FP)

(S – I never let my leftover whey from Super Quark making go to waste. I put it in a jar in the fridge and use it mainly for this drink. Leftover liquid whey contains the majority of the lactic acid from culturing, which is EXTREMELY insulin-sensitizing... meaning it fights insulin resistance like a BAD A\$\$ Boss! This drink is refreshing; the added amino acids fuel your lean body mass, and it can be enjoyed alone or to help provide more protein in a meal and then help you burn that protein champ style! There is no set way to make this. You can use all whey or try the half-sparkling water version. I love the fresh lemon in it... and that makes you even more sensitive to insulin. The way you enjoy this mocktail is all up to you.)

Multiple Servings

INGREDIENTS:

- ½ - 1 cup liquid whey (leftover from making either L. Reuteri or Kefir *Super Quark*)
- ½ - 1 Tbs [TH ESSENTIAL](#)
- ½ - 1 cup sparkling water (optional)
- ½ fresh lemon (juice of ½ lemon; optional)
- 1 doonk stevia (if you find more sweetness necessary)

INSTRUCTIONS:

1. Use either a full cup of liquid whey or ½ whey and ½ sparkling water. Add all other ingredients of choice, stir, and enjoy.

