

Trim Healthy
W I S D O M

Super Geek (FP)

(S- Immediately after I work out, I go straight to my kitchen and mix up the following post-workout drink. Pearl calls it the Super Geek, and the name stuck. I whiz the ingredients in a tall mug using an immersion blender, but whizzing too long causes the whey to get too frothy.)

Single Serving

INGREDIENTS:

- 1 scant Tbs [TH ESSENTIAL](#)
- 1–2 Tbs [TH Pristine Whey Protein Powder](#) (unflavored)
- 1 scoop [TH Optimized Collagen](#) (optional)
- 1 tsp creatine monohydrate
- 2 pinches [TH Mineral Salt](#)
- 1 tablespoon raw honey (preferably Manuka when budget allows)
- 1 cup water

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INSTRUCTIONS:

1. Whiz the above concoction in a tall mug using an immersion blender (whizzing too long causes the whey to get too frothy).

NOTE:

Serene takes a protease pill (protein-digesting supplement) before she drinks the *Super Geek*. To read even more about the *Super Geek*, see page 325 of Trim Healthy Wisdom.

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