

Trim Healthy
W I S D O M

Optimized Protein Mousse (FP, E, S or XO)

No more worrying about how to get a quick protein source into your meals. This incredibly easy mousse has just 3 ingredients (plus a sweetener) and makes protein-fueling a cinch. You can have it as a side to your toast in the morning for an E, or as an afternoon snack as a FP with added berries, or go ahead and add nuts for an S. It is so versatile. You can even have it as a lovely, protein-rich snack in the evening to help you curb the snacks that happen at that time for so many of us. The possibilities for this mousse are endless.

Every time you enjoy this mousse, you'll furnish your gut with health boosting microbes from the kefir. The baobab furnishes them with prebiotics (the right kind of fiber) that helps your gut make plentiful amounts of butyric acid, a short chain fatty acid that fights diseases, reduces inflammation, regulates blood sugar and speeds up your metabolism to help you lose excess fat.

If your meal or snack has some protein in it but is still a bit light and you want more, go with 1½ Tbs of the Optimized Plant Protein Powder. If you don't have any protein source... go with the 3 Tbs. The baobab is the chief thickener, so use as much as you prefer for desired thickness.

We love this mousse tangy and sour (without much sweetener), but if you prefer a sweeter, less sour mousse, add a bit more sweetener.

Single-serve

INGREDIENTS:

- ½ to ¾ cup skim or 1% home fermented kefir
- 1½ to 3 Tbs [TH Optimized Plant Protein Powder](#)
- 1 to 2 Tbs [TH Baobab Boost Powder](#)
- 1 doonk [TH Pure Stevia Extract Powder](#)

INSTRUCTIONS:

1. Put all ingredients in a small bowl and stir with a fork. It will thicken as it sits.

