

Trim Healthy
W I S D O M

Optimized Lemon Miracle Mousse (FP)

Miracle Mousse Optimized Makeover Baby!!! If you are a fan of our original *Miracle Mousse Makeover* recipe from our [Trim Healthy Table Cookbook](#), you are going to love this newly created optimized mousse recipe from Cindy, our amazing THM Content & Social Media Assistant! These are perfect for our wisdom journey!! Here is what Cindy shares...

“Looking through my cupboards with several of the new Optimized TH products that had recently launched, I was looking for fresh ideas on how to incorporate them. Or even better, how to incorporate more than one in a recipe! *Miracle Mousse Makeover* almost immediately came to mind, as that has been a favorite here for many years!

It was so light and airy and just about the perfect amount of protein for my lunch that day! Yes, I ate the whole thing, though it could easily be a treat for two as a snack. Either way, this recipe is a winner in my book!”

Single Serving

INGREDIENTS:

- 1 Tbs [TH Just Gelatin](#)
- ½ cup water (divided; ¼ cup cool and ¼ cup "just off the boil")
- ¼ cup lemon juice (fresh or bottled)
- 1 Tbs extra virgin coconut oil (use only 1 tsp for an FP version)
- 4 Tbs [TH Optimized Whey Protein Powder Vanilla Flavor](#)
- 3 tsp [TH Super Sweet Blend](#) (or 3 Tbs of [TH Gentle Sweet](#))
- 4 pinches [TH Mineral Salt](#)
- ½ tsp sunflower lecithin (optional)
- 1 Tbs [TH Optimized Collagen](#)



- ½ lemon, zested (whole lemon zested if you love lemon)
- ¼ tsp lemon extract (optional)
- 2 cups ice cubes (approximately)

INSTRUCTIONS:

1. In a measuring cup, place the gelatin and the cool water and stir until there are no clumps.
2. Add the "just off the boil" water and stir until smooth. Put this hot gelatin mixture in the blender and add all ingredients bar ice. Blend well.
3. Turn the blender to its lowest setting, take the hole out of the lid and dump in the ice while the blades are spinning. Let it crunch up a bit on low and then turn the blender up and whiz the thing well and creamy. You might have to turn it off and push the stuff back into the blades once or twice. Just make sure it is not crunchy with ice but is smooth.
4. Pour it into your bowl or parfait glass and it will set up before your eyes in the next five minutes or so.