

Trim Healthy  
W I S D O M

## Lemon Cream Mousse (FP, E, S, or XO)

(Depending upon choice and amounts of toppings)

If you love *Lemon Cream Oats*, this is the snack version of that tangy, creamy goodness... minus the oats.

Women in challenging hormonal situations who have experienced loss of lean body mass can sometimes have trouble burning Greek yogurt. This recipe is a way to make yogurt work for you rather than against you. Rather than the protein from the yogurt being resisted by your muscle cells due to their non-friendship with insulin, the lemon and baobab cause a change in their relationship. They force your muscles and insulin to become pals again so that the protein can be pushed into your muscles and get burned for fuel.

[TH Optimized Whey Protein Powder](#) does a strange kind of magic when blended rather than stirred into the yogurt here. It puffs it up into a more mousse-like texture, and it is a delight to eat. You can eat this as a snack as is... with no toppings as an FP or add toppings as desired.

Single Serving

### INGREDIENTS:

- $\frac{3}{4}$  cup 0% Greek yogurt
- 2½ Tbs [TH Optimized Whey Protein Powder Vanilla Flavor](#)
- 1 Tbs fresh lemon juice (or roughly juice from half a lemon)
- 1 Tbs [TH Baobab Boost Powder](#)

### Topping Choices

- fresh or thawed berries (limit to  $\frac{1}{2}$  cup blueberries if having as an S)



- nuts, seeds, or their butter
- fresh fruit such as ½ a diced apple or peach
- 1 Tbs goji berries
- 2 Tbs on-plan granola
- 1 tsp cacao nibs

### INSTRUCTIONS:

1. Place all ingredients into a blender, blend for a minute or so, then scrape mousse into your bowl.
2. Add toppings if desired.

### Protein Nerd Notes:

This snack or mini meal provides all your nerd 3 protein requirements with the combination of Greek Yogurt plus Optimized Whey. If you do not have our Optimized Whey, you can use 3 Tbs. plain [TH Pristine Whey Protein Powder](#) and add on-plan sweetener to taste.