

Trim Healthy
W I S D O M

Glory Be Kefir Bowl (FP, E, S or XO)

You just might want to shout Hallelujah when you experience this bowl. As a meal or snack it suits volume-loving girls who desire gut healing, insulin-sensitizing, a return of their CLBM, and who also love ice cream-like bowls topped with all the good things in life. *Glory Be* delivers all these things without a lot of density. You can make this bowl as large as you want. The [TH Optimized Whey Protein Powder](#) magically makes it grow. As it blends, it fluffs it up to huge, voluminous amounts. If you don't desire a super large bowl of this glorious stuff, stick to the ¼ cup kefir and 1 generous cup of frozen berries. If you want to go bigger... go to ½ cup kefir with 1½ cups frozen berries... bigger still, try the ¾ cup kefir with 2 cups frozen berries... dare you to eat it all. You're welcome to!!!

Single Serving

INGREDIENTS:

- ¼ - ½ cup *Home Fermented Kefir* (lean)
- 1 - 2 cups frozen berries (rounded cups)
- 3 - 4 Tbs [TH Optimized Whey Protein Powder](#) (any flavor or mix and match)
- 2 Tbs [TH Baobab Boost Powder](#)

Topping Choices:

- berries (fresh or thawed; limit to ½ cup blueberries if having as an S)
- nuts, seeds, or their butter
- fresh fruit (½ a diced apple, banana, mango, or peach)
- 1 Tbs goji berries
- 2 Tbs on-plan granola
- 1 tsp cacao nibs



INSTRUCTIONS:

1. Put kefir, frozen berries, Optimized Whey Protein Powder, and baobab in a high-powered blender and blend until completely smooth. (Depending upon the desired amount of *Glory Be*, choose between the following: ¼ cup kefir/1 rounded cup frozen berries, 1/3 cup kefir / rounded 1 ½ cups frozen berries, or ½ cup kefir/rounded 2 cups frozen berries.)
2. Transfer to a bowl, then add your choice of toppings. For E, enjoy fresh or thawed berries plus on-plan granola, goji berries, or diced fruit with a very light sprinkle of nuts. For S, enjoy the berries plus a more generous sprinkle of nuts or 1 Tbs. nut butter and cacao nibs. Combine E and S toppings for XO or use only berries and a garnish amount of nuts or nut butter for FP. Consider only using the FP version for a snack and not a meal.

Protein Nerd Notes:

You're all set here for your Protein Nerd Level 3 requirements through the [TH Optimized Protein Whey Powder](#) mixed with some kefir.

Other Notes:

You can use any frozen berries for E, even if you are using the larger 2-cup berries version. If you desire an S, you'd want to skip blueberries as your frozen berry option. Raspberries, blackberries, and strawberries can fit into the ¼ cup kefir/1 cup frozen berry option and squeeze into the 1/3 cup kefir/1½ cup frozen berry option. But you can't really do an S with 2 cups of frozen berries, no matter the kind. Consider it a Crossover if you want to put more nuts or nut butter with it. Remember, wise crossovers are encouraged on your Wisdom journey.