

Trim Healthy  
W I S D O M

## Creamsicle Bowl (FP, E, S or XO)

We're including this recipe with permission from Coach KJ. She has so many incredible THM recipes on her site, [Joyful Life with KJ](#). We love this one for its ease and yumminess. As written, this recipe is an FP; however, KJ mentions that you can add fruits to make it an E. Perhaps blend in half an orange. You could, of course, top with nuts or chocolate chips for an S or do both for XO, if desired. There is no lemon juice component with the cottage cheese here, so this means it doesn't have the help of lemon's insulin-sensitizing powers. If you are severely CLBM challenged and have a way to go to restore your insulin sensitivity, perhaps consider using one of the *Burner Shots* beforehand to help your muscles open up to insulin and accept the dairy protein.

### Single Serve Recipe

#### INGREDIENTS:

- 1 cup low-fat cottage cheese
- 2 Tbs [TH Optimized Whey Protein Vanilla Flavor](#)
- 1 [TH Hydrate Orange Oasis Packet](#)
- 1 tsp [TH Whole Husks Psyllium Flakes](#) (optional)

#### INSTRUCTIONS:

1. Blend with an immersion blender and enjoy as is, or add desired toppings.

#### Protein Nerd Notes:

Your Protein Nerd Level 3 requirements are fully met in this protein-rich recipe.

