

Trim Healthy
W I S D O M

Blueberry Nut Butter Yogurt Bowl (S, E, XO or FP)

(P – This is a gorgeous looking, lovely tasting, and insulin-sensitizing yogurt bowl. If you must be dairy-free, you can use a non-dairy yogurt recipe from our good friend Donna Schwenck's [Cultured Food Life](#); however, you will need to add protein on the side. The vibrant color of the juice from the warmed berries poured over the creamy yogurt makes a spectacular crimson hue you will be in awe of. If you have a way to go in regaining your clean, lean body mass and you've got some insulin resistance, this is the perfect way to eat Greek yogurt. Or you can do it with blended cottage cheese for a simpler version, nix the added protein powder, and instead add a couple more doonks of stevia to the blend.

Many women respond less well to dairy as they age from lack of insulin sensitivity. This recipe turns all that around and causes yogurt (or cottage cheese) to work for you rather than against you. It wields the power of lemon over your muscle cells. Lemon juice forces them to open up and better accept the dairy-based insulin surge from the yogurt. You also get a hefty load of polyphenols to support your brain and overall health from the generous serving of wild blueberries. I make this one a lot! I enjoy it frequently as an XO but also make it all the various fueled ways.)

Single Serving

INGREDIENTS:

- ½ - 1 cup frozen wild blueberries (limit to ½ cup for S or FP, more for E or XO)
- 1/2 cup frozen cherries (for E or XO; optional)
- ½- 1 lemon (juice from ½ - 1 lemon; work up to using a full lemon if you can)
- 2 doonks [TH Pure Stevia Extract Powder](#)
- 1 cup 0% Greek yogurt or low-fat cottage cheese
- 2 Tbs [TH Optimized Whey Protein Powder Vanilla Flavor](#) (omit if using cottage cheese)
- 1 tsp – 1 rounded Tbs sugar-free peanut or almond butter



INSTRUCTIONS:

1. Place frozen wild blueberries (and frozen cherries if using) in a small pot set to high heat. Stir blueberries well as they thaw and create their beautiful juice. You can smash some of them with a spoon on the side of the pot to get even more of the glorious juice. Thawing them on the heat should only take a minute or two, or just a little longer, if including cherries.
2. Remove berries and cherries from heat before they become hot (you don't want to cook them; just thaw them to warm so they retain all their enzymes and flavonoids.)
3. Add lemon juice and stevia and stir well.
4. Combine Greek yogurt and protein powder in a bowl and stir with a fork. (If using cottage cheese, use an immersion blender to blend it with some extra stevia if you like it sweetened.)
5. Pour the thawed, juicy berries and cherries (if using) over yogurt or blended cottage cheese. Top with 1 Tbs nut butter for S (or XO if including cherries) and 1 tsp for E or FP if not using cherries.

Protein Nerd Notes:

Unlike cottage cheese, which has all the protein and leucine you need for a full cup, Greek yogurt has only 20 grams of protein and just shy of 2 grams of leucine—not enough for proper muscle synthesis. Adding 2 Tbs of the [TH Optimized Whey Protein Powder](#) is an easy and yummy fix to ensure all your Protein Nerd Level 3 requirements are met (even adding regular unoptimized whey to the yogurt in this manner will fulfill your Nerd 3 protein requirements).

Other Notes:

If you are height-challenged or prefer smaller portions of food, you can use just ½ - ¾ cup of Greek yogurt. No need to add a third Tbs of whey unless using an unoptimized whey, then one more will help. Or put a generous half scoop of [TH Optimized Collagen](#) in your coffee or chug it or a half serving of [TH ESSENTIAL](#) with a little water right before your meal in shot style and then chase it with more water.