

Trim Healthy
W I S D O M

Yuck Yum Rides Again (FP, E, S or XO)

(S - I gave you my Yuck Yum Smoothie a few years ago, but I want to share it with you again because she's even better now. This new way I make my Yuck Yum is a spin-off of my original one, but it was in a full-quart amount. I don't drink a daily full quart of kefir these days like I used to. I still love my kefir, but I realized I needed to make room for a greater variety of other foods in my diet to be more balanced. Back when I created my original Yuck Yum recipe, I had two sons in the hospital, so I made my Yuck Yum quart-sized and packed it with super dense nutrition, so it was big enough to sustain me for two meals out of my day or a full meal and a robust snack as I had to be out of the home all day.

These days, I still have a daily Yuck Yum, but I like to make it either medium or baby-sized. The following recipe is the basic version. The medium size is still drinkable, so you can drink it on the go with a straw or just sip. The baby size is thicker, so it works wonderfully with sprinkles and yummy, crunchy treasures thrown on top. You could think of it as a Yuck Yum bowl in a jar. Yep, I use a spoon to eat the baby version. Also, it is baby enough so that you can include another form of food in your meal if you desire to... like some baked sweet potato slices on the side.

I use full-fat fermented kefir for my Yuck Yum's, but I have plenty of CLBM, and my hormones are nicely optimized. Therefore, I have no trouble burning the higher density of the full-fat kefir. If you are CLBM challenged and still walking out of your unstuck, I suggest you stick to lean kefir... however, that is not a rule... it is totally up to you and your unique body. If you make L reuteri yogurt... you can also add or sub some of this to your smoothie for the kefir. I like to do this, but I keep kefir the greater portion of my fermented dairy as L reuteri is a more powerful colonizer and you don't need as large amounts, or it will take over. Check out our Home Fermented Kefir 101 and L Reuteri Yogurt recipes if you have never made those cultured drinks before.)

Single Serve

INGREDIENTS:

- 1 cup *Home Fermented Kefir* (for baby-sized version) or 1½ cups (for medium-sized version)

- 2 Tbs [TH Baobab Boost Powder](#)
- 3 - 4 Tbs [TH Pristine Whey Protein Powder](#) (unflavored) OR 2½ - 3 Tbs [TH Optimized Whey Protein Powder](#) (flavor of choice) OR 2 - 2½ Tbs [TH Optimized Plant Protein Powder](#)
- 1 - 2 doonks [TH Pure Stevia Extract Powder](#) (may not be needed if using flavored whey)

Optional Add-Ins:

- 1 - 1½ Tbs unsweetened dark cocoa powder
- ¼ - ½ cup frozen raspberries
- 3 - 4 Tbs L. reuteri Yogurt (or Super Quark for even more protein)
- ⅓ - ½ serving [TH Integral Collagen](#) OR [TH Optimized Collagen](#) or bone broth protein powder
- whole flax or chia seeds (1-2 tsp for E or FP and 2-3 tsp for S or XO)

Optional Toppings:

(Use a variety for XO in wise amounts; only use ample amounts of the fat-containing varieties for S, and use low amounts of the fat-containing ones for E along with some of the carb-containing ones) Let your imagination run wild with your creative options

- Cacao nibs
- Goji berries
- Chopped raw walnuts or Brazil nuts
- Fresh ground flax seeds from a coffee grinder or whole chia or flax seeds
- Light sprinkle of sprouted rolled oats
- Light sprinkle of Purely Elizabeth Granola
- shredded unsweetened coconut
- Fresh berries
- Pomegranate seeds
- Drizzled raw honey for a post-workout meal or if your blood sugar can handle it.



INSTRUCTIONS:

1. Blend all smoothie ingredients until smooth in a jar or cup with an immersion blender (or a small blender), or blend the medium-sized version in a regular blender if preferred.

Protein Nerd Notes:

The kefir, the optional L. reuteri yogurt, and the additional protein powders fully supply your Protein Nerd Level 3 requirements. If you do not want to add protein powders, it would be best to use the baby version and add a whole-food serving of protein to your meal.