

Trim Healthy
W I S D O M

Cilantro Vibes Yuck Yum (FP, E, S or XO)

(S - It seems you either LOVE cilantro or you hate it! I happen to love it, and because I know all about its incredible health benefits, I love to indulge as often as I can. I created this smoothie after having to have an MRI with contrast and wanting to chelate some of the metals out of my system after the contrast dye. Cilantro is one of the most powerful heavy metal chelators without dumping the metals dangerously into the bloodstream. It also detoxifies the liver, is anti-microbial, protects your body against infections, and is super high in minerals and antioxidants to boot.

Because I love the fresh smell, flavor, and zing of cilantro, I love keeping this Yuck Yum unsweetened and letting the verdant green taste and vibe power through alone. I have weird taste preferences, though, when it comes to sweetness... I don't like a lot of sweetness, so you can sweeten it if you like if you can't acquire a taste for it as is. I typically have this version as a smoothie and don't top it and eat it with a spoon but that is also up to you.)

Single Serve

INGREDIENTS:

- 1 cup *Home Fermented Kefir*
(for baby-size) or 1 ½ cups
(for medium-size)
- 1 small bunch cilantro (de-stemmed)
- 1 - 2 Tbs [TH Baobab Boost Powder](#)
- 3 - 4 Tbs [TH Pristine Whey Protein Powder](#) (unflavored)
- 1 - 2 doonks [TH Pure Stevia Extract Powder](#)
(optional if you can't handle the unsweet vibe)

Optional Add-Ins:

- 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
- whole flax or chia seeds (keep the amount small if E or FP; use more for an 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; however, shredded coconut is preferred.

- 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. If you desire your cilantro to be fully broken down, you won't use an immersion blender for this. Either make the medium-sized version and whiz the kefir and cilantro first alone in a good blender like a Vita-Mix or Blendtec until the cilantro does not show any flecks. Alternatively, if using the baby-sized version, use a smaller size blender jar or use the immersion blender if you don't mind some flecks.
2. Add the protein powder and baobab and whiz for a few seconds only so it doesn't get too puffy. Embrace the unique flavor. Add optional toppings if desired.