

Trim Healthy
W I S D O M

Bao-Colada Yuck Yum (E or XO)

(S – I make this with my full-fat kefir as an XO and that way, it is a delicious “Island Vacay” twist on the Yuck Yum. It feels like summer in a smoothie. I’ve made it with lean kefir before, and to be honest, it wasn’t as good... something about the pineapple acidity being a little too strong with the lean kefir (my Chocolate Cherry version is great with lean, though). But... you may still love this Yuck Yum with lean, so I’m including it regardless. I’m also giving you the option of 2½ -3 Tbs [TH Vanilla Optimized Whey Protein](#) here as I predict you’ll love that sweetness. I prefer just 1 Tbs of the vanilla as I find more than 1 Tbs too sweet for this with the pineapple already in... so I make up the rest with the unflavored [TH Pristine Whey Protein Powder](#) or with some [TH Optimized Plant Protein Powder](#).)

Single Serve

INGREDIENTS:

- 1 cup *Home Fermented Kefir*
(for baby-sized version)
1½ cups (for medium-sized version)
- ½ cup frozen pineapple
- 2 Tbs [TH Baobab Boost Powder](#)
- 2½ - 3 Tbs [TH Vanilla Optimized Whey Protein Powder](#)
(see intro for a less sweet option)
- ½ tsp [TH Natural Burst Coconut Extract](#)

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 powder
- whole flax or chia seeds (keep the amount small if having an E)

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. Blend the baby-size smoothie ingredients with an immersion blender - this may keep the pineapple a little chunky, but that's kind of nice - or use a regular blender for the medium-sized one. Top with optional toppings if desired.