

Trim Healthy  
W I S D O M

## Lemon Cream Oats (E or XO) Originally called Metabolic Oats

If you're not a kefir maker (or even if you are but want to enjoy Greek yogurt or cottage cheese sometimes), this recipe allows you to combine either of these store-bought dairy options with oats and ensures all the good carbs and protein get pushed into your muscle cells. Women in challenging hormonal situations who have experienced loss of lean body mass can sometimes have trouble burning Greek yogurt. This recipe is a way to make this wonderful food work for you rather than against you. Rather than the protein from the yogurt (or cottage cheese) and the carbs from the oatmeal potentially staying in your bloodstream, causing elevated insulin issues, it gets pushed into where it belongs... into your muscle cells, and is burned for fuel. The lemon, baobab, and optimized whey combine forces for this "push," and they also form a delicious, creamy foundation for the oats to rest in. The lemon cream and oatmeal are best not stirred up together but enjoyed by getting some of each with every bite.

Single Serving

### INGREDIENTS:

#### For the Lemon Cream

- ½ cup 0% Greek yogurt or cottage cheese (we prefer Good Culture brand)
- 2½ Tbs [TH Optimized Whey Protein Powder \(Vanilla Flavor\)](#)
- 1 Tbs fresh lemon juice (or roughly juice from half a lemon)
- 1 Tbs [TH Baobab Boost Powder](#)

#### For the Oatmeal

- 2 Tbs old-fashioned rolled oats
- 2 Tbs quick oats
- 1 tsp [TH Whole Husk Psyllium Flakes](#)
- ¾ - 1 cup water
- 1 doonk [TH Pure Stevia Extract Powder](#)

Your choice of *Standard Toppings*



## INSTRUCTIONS:

1. Make the Lemon Cream: Blend or stir all ingredients together. Place it at the bottom of a breakfast bowl.
2. Make the Oatmeal: Put all the oatmeal ingredients in a small saucepan set to high heat. Stir well and allow to come to a quick boil. Turn to low and allow to simmer for just a few minutes, stirring well frequently. Take off the heat. Allow to sit for a couple of minutes to thicken and set up a little more.
3. Place oatmeal mixture on top of the lemon cream (don't stir). Top with your choice of *Standard Toppings*.

## Protein Nerd Notes:

You're perfectly set for Protein Nerd Level 3 here with the combination of the half-cup Greek yogurt or cottage cheese and the 2½ Tbs [TH Optimized Whey Protein Powder](#). If you do not have optimized whey, you can instead use regular whey, but you'll need more (4 Tbs) plus added on-plan sweetener. Or you can use a plant protein, but if not using our [TH Optimized Plant Protein](#), you'll need enough to get a minimum of 2 grams of leucine as the ½ cup Greek yogurt only gives you shy of a gram. Alternatively, use a lot less regular whey or plant protein (as those will not taste quite as good in the lemon cream) and add a full serving of [TH Optimized Collagen](#) to your coffee.

## Other Notes:

*(P – I often add ¼ cup lean Home Fermented Kefir to the lemon cream if using cottage cheese. The lemon cream made with cottage cheese is thicker; if you prefer thick, that's fine, but I like adding kefir because it thins it a little and provides more healthy microbes to my gut, and helps even further with the insulin push of the dairy protein into my muscles.)*