

Trim Healthy
W I S D O M

Sweet Pickle Hack (FP)

Pickles add so much punch and flavor, but the sugar-sweetened ones push up blood sugar too high and expand your waistline. This is an easy way to enjoy sweet pickles in your life. Be sure to check out *Laughing Lean Tuna Salad* in the Wisdom Recipe Collection, which uses this hack.

Multiple Serve

INGREDIENTS:

- 1 jar dill pickles (relish style or sliced, as desired)
- 1–2 Tbs Gentle Sweet

INSTRUCTIONS:

1. Open the jar of pickles and add the desired amount of sweetener. Stir well. Replace the lid and store in the refrigerator.



Protein Nerd Notes:

No protein here to speak of, so go get some!