

Healthier Lifestyles - with Coach Linda

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Linda's Luscious Lemon Smoothie

(Wisdom "Wizzy" FP / Ultra FP)

Ingredients

- 1/2 cup unsweetened almond or cashew milk
- 1/2 cup low fat cottage cheese
- 1/2 cup water
- 3 T lemon juice
- 4 tsp TH Super Sweet
- 1 T Baobab
- 1 pinch salt
- 1/4 - 1/2 tsp Gluccie (Glucomannan)
- 3 drops food grade Lemon Essential Oil (optional)
- 1 heaping cup ice cubes
- 1 scoop Whey Protein Powder

Instructions

1. Blend all ingredients except the ice cubes and Protein Powder until creamy and well blended.
2. Add the ice and blend well.
3. Then add the Protein Powder and blend until thick and fluffy as you like.

Inspired by the THM Lemon Fat Stripping Frappe in THM cookbook p.241