

Healthier Lifestyles - with Coach Linda

www.coachlindajohnson.com

Linda's Luscious Lemon Smoothie

(Wisdom "Wizzy" FP / Ultra FP) aka: Low Carb & Low Fat

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 (or Truvia, but you'll need greater amount)
- 1 T Baobab (for fiber and extra citrus taste + vitamin C)
- 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 Isolate Powder (20 gr of protein)

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. (This recipe was Inspired by the THM Lemon Fat Stripping Frappe in THM cookbook p.241)

[Learn about more ways you can boost your Weight Loss!](#)