

Lazy Collagen Coffee (FP)

A protein-rich, health-rejuvenating coffee that you can make while you're half asleep! Many Trim Healthy Mamas are experiencing amazing health benefits using our Optimized Collagen. It is amazing for skin, hair, cleansing the liver, pain and inflammation, and for calming the nerves... also with added leucine to reach a sufficient bolus (2.4 grams) for lean muscle tissue building and recovery! Sneak this collagen into a lazy cup of Joe in 4 easy steps!! By following the directions below you can now look forward to having an awesome, protein rich mug of coffee with no detectable collagen taste and no lumps – easy! If you'd rather do dairy free, add MCT oil and unsweetened almond milk at the same time as you add the collagen so it gets stirred in well. For a Fuel Pull option omit the heavy cream and half & half! Lazy Collagen Coffee is found on Page 466 of [Trim Healthy Table](#)!

Single Serving

INGREDIENTS:

- 12 oz [TH GuateMama Java](#) (strongly brewed)
- ½ to 1 scoop [TH Optimized Collagen](#) (or 2-4 tsp [TH Integral Collagen](#))
- heavy cream (to your liking)
- half and half (to your liking)
- [TH Super Sweet Blend](#) (or [TH Gentle Sweet](#), or [TH Pure Stevia Extract Powder](#), optional & to taste)



DIRECTIONS:

1. Pour a little hot coffee or tea into your mug.
2. Add collagen and mix well with a fork.
3. Pour in the rest of your coffee then add your heavy cream or half and half to your liking.
4. Stir again.