

Pearl's Optimized Iced Coffee (FP)

Trim Healthy Mama has always celebrated the benefits of collagen, but now we have amped up our excitement as well as our lean body mass results. TH Optimized Collagen has turned the page for collagen users, and there's no looking back!

Finally, "Collagen Coffee" can be a lean tissue-supportive breakfast, and those who want to throw collagen in their afternoon tea or a smoothie can have all the benefits of a muscle-stimulating protein any time of day.

Enjoy iced or hot!

Single Serving

INGREDIENTS:

- 1-2 shots espresso (or 6 oz [TH GuateMama Java](#) (strongly brewed))
- 1 scoop [TH Optimized Collagen](#)
- 1 Tbs [TH Gentle Sweet](#) (optional & to taste)
- 1 Tbs Unsweetened Nutpods
- Unsweetened almond, coconut or oat milk
- Splash of [TH Natural Burst Maple Extract](#) (or extract of choice if desired)

DIRECTIONS:

1. Pour espresso or strongly brewed coffee into tall glass (or mug if going hot).
2. Add collagen, sweetener and a small amount of nut milk and mix well with a fork.
3. Add ice to fill your glass. Add the Nutpods, and then top it off with more nut milk. If going hot, leave out the ice.
4. Stir again, drink and enjoy.

