

A tropical panna cotta appetizer with mango coulis

INGREDIENTS

(for two servings)

- 1/3 cup of coconut milk
- 200 ml (1 medium cup) of unsweetened almond drink or (semi-)skimmed milk
- 3 drops of vanilla extract
- 1 ½ leaves of gelatine (3g) or agar-agar
- ½ of a mango
- 2 sticks of TRME MyGOAL

PREPARATION

1. Put the gelatine in a bowl covered with water.
2. Combine the coconut milk, almond drink/milk, and vanilla in a saucepan over medium heat.
3. Bring it to a boil and stir it for a few minutes. Then, remove from heat.
4. Squeeze the water out of the gelatine and add it to the saucepan, whisk vigorously.
5. Pour the mixture into two small glasses or jars and refrigerate for at least 2 hours.
6. For each serving, peel, cube, and blend until smooth ¼ mango with 1 stick of **TRME MyGOAL** to make the coulis*.
7. Drizzle the coulis over the panna cotta before serving.



#PannaCotta
#MyGOAL

	Energy	Fats (Saturated fatty acids)	Carbohydrates (Sugars)	Dietary fibers	Proteins
1 Panna cotta	113 Kcal	9,5 g (7,95 g)	8,1 g (7,1 g)	0,9 g	3,4 g
TRME MyGOAL (1,1 g)	4,3 g	0 g (0 g)	1 g (0 g)	1 g	0 g

Nutritional value calculated with the almond drink.

* To get the best results, you should consume one serving of the panna cotta immediately when adding TRME MyGOAL to the mango-coullis, 15-20 min before the meal.

A spinach and fennel smoothie to make your body feel great!

INGREDIENTS

(for one serving)

- 2 cups of fresh spinach
- 1 fennel (use either the green part or ¼ of the white part)
- ½ apple
- 1 cm of fresh grated ginger
- ½ lemon, juiced
- 200 ml (1 medium cup) of water
- 1 stick of TRME MyGOAL

PREPARATION

1. Wash the fresh spinach and fennel greens.
2. Cut the fennel into slices and add both into a blender.
3. Wash, peel, and dice half of an apple.
4. Add it to the blender together with the lemon juice and grated ginger.
5. Add the water and blend until smooth.
6. Stir in one stick of **TRME MyGOAL** and serve immediately*.

#Smoothie
#MyGOAL
#Vegan
#GlutenFree



	Energy	Fats (Saturated fatty acids)	Carbohydrates (Sugars)	Dietary fibers	Proteins
1 Spinach & fennel smoothie	57 Kcal	0,5 g (0,1 g)	9,5 g (8,6 g)	3,3 g	2,2 g
TRME MyGOAL (1,1 g)	4,3 g	0 g (0 g)	1 g (0 g)	1 g	0 g

* To get the most benefits from TRME MyGOAL you should consume one serving 15-20 min before the meal. Consume TRME MyGOAL immediately after dissolving it.

ageLoc

TRME

A delicious café frappé

INGREDIENTS

(for one serving)

- ½ cup unsweetened almond drink
- 2 shots of espresso
- 3 large ice cubes to chill the drink (add more if needed)
- 3 drops of vanilla extract
- 1 stick of TRME MyEDGE

PREPARATION

1. Blend the espressos, unsweetened almond drink, the vanilla extract and ice cubes until chilled.
2. Stir in 1 stick of **TRME MyEDGE**.*
3. Serve immediately.



#Coffee
#MyEDGE
#Vegan

	Energy	Fats (Saturated fatty acids)	Carbohydrates (Sugars)	Dietary fibers	Proteins
1 Café frappé	17 Kcal	1,7 g (0,18 g)	0,4 g (0,1 g)	0,6 g	0,9 g
TRME MyEDGE (2,1 g)	6 g	0 g (0 g)	1,6 g (0,7 g)	0,5 g	0,2 g

* To get the most benefits, you should consume TRME MyEDGE immediately after dissolving it, before or with a meal. TRME MyEdge is formulated to consume one serving per day before or with a meal.

The creamy mushroom velouté

INGREDIENTS

(for 4 servings)

- 250 g or 1 pack of chestnut mushrooms
- 1 onion
- 2 cups of chicken broth
- 1 cup of (semi-)skimmed milk
- 1 teaspoon of butter
- ½ cup of fresh parsley for garnish
- A few parsley stalks, 1 bay leaves, dried thyme (a bouquet garni)
- Pepper and salt
- 4 sticks of TRME MyEDGE

PREPARATION

1. Melt the butter in a casserole pan over medium heat.
2. Glace the minced onions and add the washed and sliced mushrooms.
3. Add salt and pepper and cook for 5 minutes, stirring regularly.
4. Pour in the broth and milk until covered.
5. Add the herbs, and let it simmer for 20 minutes, stirring occasionally.
6. When the mushrooms are cooked, remove the bouquet garni and blend.
7. For each serving pour the velouté into a bowl, stir in 1 teaspoon of lemon juice and 1 stick of **TRME MyEDGE***. Then garnish with finely chopped parsley.
8. Enjoy immediately!

#Velouté
#MyEDGE
#Mushrooms



	Energy	Fats (Saturated fatty acids)	Carbohydrates (Sugars)	Dietary fibers	Proteins
1 Mushroom velouté	71 Kcal	3,5 g (2,07 g)	4 g (3,6 g)	2,4 g	4,8 g
TRME MyEDGE (2,1 g)	6 g	0 g (0 g)	1,6 g (0,7 g)	0,5 g	0,2 g

* To get the most benefits, you should consume TRME MyEDGE immediately after dissolving it, before or with a meal. TRME MyEdge is formulated to consume one serving per day before or with a meal. If saving a portion of this recipe as leftovers, follow steps 1-6, then cool and store in refrigerator. Reheat and add MyEDGE, lemon juice, and parsley immediately before consuming.