

THM-Friendly Sipper Ideas

Creamy Coconut Oolong Iced Tea

Bao-Melon Summer Sip
(THM Membership site)

Tropical Dreams Cider Pop

Boosted Creamsicle Sipper

Vibrant Dreams Sipper

Wild Berry Oolong Sweet Tea

Orange Creamsicle Sipper

Zingy Ginger Ale

Apple Pie Sip p. 404 THM Cookbook

Blow Your Mind Frozen Berryade*
(THM Membership Site)

*sipper if using tea only, skip fruit and whey

Boost Juice (THM Membership Site)

Cranberry Wassail p. 406 THM Cookbook

Winter Wonderland Sip

Spa Sip p. 59 THF

Hydrated Hummingbird p. 60-61 THF

Iced Vanilla Fat-Burning Tea p. 456 THT

Lemonade p. 456 THT

Singing Canary p. 398 THM Cookbook

Spuice (THM Membership Site)

Hello Health Sipper p. 452 THT

The Shrinker p. 400 THM Cookbook

Earth Milk Sip p. 402 THM Cookbook

Boosted Arnold Palmer
(THM Membership Site)

The Shrinker p. 400 THM Cookbook

Flying Flamingo p. 55 THF

Bird of Paradise p. 57 THF

Parrot Punch p. 58 THF

Good Girl Moonshine Varieties

Good Girl Moonshine p. 397 THM Cookbook

Apricot Good Girl Moonshine
(THM Membership Site)

Tropical Punch Good Girl Moonshine

Caramel Apple Good Girl Moonshine

Zing Raspberry Good Girl Moonshine

Lemonade Good Girl Moonshine

Ginger Ale Good Girl Moonshine

Sparkling Lime Good Girl Moonshine