

Sweet Methylating Magic Dust

THM-Friendly: E (FP for small amounts)

- 1 cup wheat germ
- 1/3 cup Gentle Sweet (or another low glycemic sweetener of choice)
- 1/2 cup baobab
- 1 tsp. nutmeg
- 2 Tbsp. cinnamon
- 1/2 tsp. mineral salt
- 1/2 tsp. vanilla bean powder (*optional)

Add all ingredients to a storage jar.

Shake/mix well.

Sprinkle it on EVERYTHING!

Notes: Keep refrigerated.



<https://joyfullifewithkj.com/sweet-methylating-magic-dust>

