

# One Plop Shrinker Drops

THM-Friendly: FP and Dairy Free

In a medium mixing bowl or batter bowl, whisk together:

- 2 cups of room temp/warm water.
- 3 Tbsp. MCT oil
- 1 tsp. mineral salt
- 3-4 Tbsp. low glycemic sweetener (I used THM Super Sweet) (This will be mildly sweet; add more if desired.)
- 3 Tbsp. collagen
- 2-3 Tbsp. cinnamon
- 4-6 Tbsp. vanilla extract
- caramel extract (optional)
- 1/4 - 1/2 tsp. cayenne pepper

Once they are combined well, whisk in quickly:

- 10 Tbsp. gelatin (I used THM Just Gelatin)

Another alternative is NuNaturals Unflavored Beef Gelatin Powder.



Whisk briskly to avoid any lumps. (A strong frother or a stick blender works well, as well as a hand mixer.) Quickly pour into small disc molds. If you don't have any, you can use [this link](#). If the mixture firms up before you can get them poured, just warm it in the microwave and stir, just until liquid again.

Refrigerate for about an hour (or less!) and then pop them out into a flat (covered) container. Keep them in the refrigerator (or if you think you won't use them very fast, you can freeze them. Be aware that if you choose to freeze them, you need to use that disc immediately because they don't thaw nicely.) Just plop them in your hot tea and froth away.

You can use one "disc" for a sipper or use two for a FP snack or addition to a meal. Makes about 18-25 "drops" depending on the size of your molds. You could also pour the mixture into a pan and then cut them in squares after they're firm.

\*If you don't like the grittiness of the cinnamon, instead of putting any cinnamon in the drops - you could steep the tea with cinnamon sticks.

enJOY!

