



gotrim™

SHAKING & BAKING WITH

Satisfaction





Shake Recipes

For each shake, use 2 scoops of Nutrition Shake

CHOCOLATE PEANUT BUTTER (RR, SS, CC)

2 scoops Nutrition Shake — Chocolate Delight
1 Tbsp natural/organic peanut butter or PB powder
1 Tbsp dark cocoa powder or cacao powder
1 cup unsweetened almond milk

STRAWBERRY MILKSHAKE (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Creamy Vanilla
1 cup fresh or frozen strawberries
½ cup ice cubes
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

CHOCOLATE COCONUT (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Chocolate Delight
¼ cup unsweetened shredded coconut
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

CHOCOLATE BERRY GOODNESS (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Chocolate Delight
1 cup fresh or frozen raspberries and strawberries
1 tsp vanilla extract
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

CHOCOLATE BANANA (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Chocolate Delight
½–1 banana
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

PIÑA COLADA (RR, SS, CC)

2 scoops Nutrition Shake — Creamy Vanilla
½ banana
½ cup fresh or frozen pineapple
¼ cup unsweetened shredded coconut
(or 1 tsp coconut extract/coconut milk)
½ cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

VANILLA FRAPPACCINO (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Creamy Vanilla
1 packet Trim Café
½–1 cup ice cubes
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

ALMOND MOCHA (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Creamy Vanilla
1 tsp almond extract
1 packet Trim Café
1 cup unsweetened almond milk

MINT CHOCOLATE CHIP (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Chocolate Delight
1 tsp mint extract
1 Tbsp unsweetened dark cocoa powder or cacao powder
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

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CARDAMOM VANILLA (RR, SS, CC)

2 scoops Nutrition Shake — Creamy Vanilla
1 tsp ground cardamom
¼ cup Greek yogurt
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

APPLE-BANANA CINNAMON (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Creamy Vanilla
1 fresh or frozen apple, cored or sliced
½ banana
1 tsp cinnamon
1 cup unsweetened almond milk

INCREDIBLE HULK (RR, SS, CC)

2 scoops Nutrition Shake — Chocolate Delight
1 cup fresh or frozen spinach or kale
1 Tbsp natural/organic peanut butter or PB powder
1 tsp dark cocoa powder
1 cup unsweetened almond milk

APPLE CINNAMON PIE (RR, SS, CC)

2 scoops Nutrition Shake — Creamy Vanilla
½ tsp cinnamon
¼ cup Greek yogurt (optional)
1 fresh or frozen apple, cored or sliced
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

KEY LIME PIE (RR, SS, CC)

2 scoops Nutrition Shake — Creamy Vanilla
½ lime, juiced
¼ cup Greek yogurt (optional)
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk



ORANGE TWIST (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Creamy Vanilla
½ cup strawberries
½ cup unsweetened orange juice or half a fresh orange
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

LEMONADE BURST (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Creamy Vanilla
1 small lemon, juiced
1 cup strawberries
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

ULTIMATE GREEN DREAM (FS, PH2, RR, SS, CC)

2 scoops Nutrition Shake — Creamy Vanilla
½ cup strawberries
A small chunk cucumber, cut up
A handful spinach or kale, fresh or frozen
2 kiwis, peeled
2 scoops Complete Greens
1 cup water

BLUEBERRY BLAST (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Creamy Vanilla
½ cup blueberries
¼ cup blackberries or raspberries (optional)
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

PINEAPPLE GREEN SMOOTHIE (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

2 scoops Nutrition Shake — Creamy Vanilla
½ cup frozen pineapple
½ cup frozen zucchini
½ cup baby spinach
1 cup water or milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

TIP: Add a serving of plant protein and nutrition to your shake with a tablespoon of hemp hearts or chia seeds. To give your shake a thicker consistency, add 5 ice cubes. For a thinner consistency, add an additional 2–4 oz of cold water.



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BLACK CHERRY BERRY (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

- 2 scoops Nutrition Shake — Creamy Vanilla
- ½ cup blackberries
- ½ cup black cherries, pitted
- 1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

CHAI SPICE (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

- 2 scoops Nutrition Shake — Creamy Vanilla
- 1 packet Trim Tea
- ½ tsp cardamon
- ½ tsp cinnamon
- ¼ clove, ground
- 1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

BLACKBERRY-LEMON COOLER (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

- 2 scoops Nutrition Shake — Creamy Vanilla
- ½ cup blackberries
- 1 tsp lemon zest
- 1 cup unsweetened almond milk

STRAWBERRY BANANA (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

- 2 scoops Nutrition Shake — Creamy Vanilla
- 1 banana
- 1 cup strawberries
- 1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

CRASHING CRANBERRY (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

- 2 scoops Nutrition Shake — Creamy Vanilla
- ½ cup unsweetened cranberry juice
- ½ cup frozen cranberries
- ½ cup water

PEANUT BUTTER & JELLY (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

- 2 scoops Nutrition Shake — Creamy Vanilla
- 1 Tbsp natural/organic peanut butter or PB powder
- ½ cup strawberries
- 1 cup unsweetened almond milk

CAKE BATTER (RR, SS, CC)

- 2 scoops Nutrition Shake — Creamy Vanilla
- ½ cup cottage cheese
- ½ tsp pure vanilla extract
- 1 cup unsweetened almond milk

SPICE CAKE (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

- 2 scoops Nutrition Shake — Creamy Vanilla
- 1 Tbsp almond butter
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 1 tsp nutmeg
- 1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

BLUEBERRY-PEACH COBLER (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

- 2 scoops Nutrition Shake — Creamy Vanilla
- ½ cup blueberries
- 1 cup peaches, sliced
- 1 tsp vanilla extract
- 1 cup unsweetened almond milk

FALL FITNESS (SS, CC)

- 2 scoops Nutrition Shake — Creamy Vanilla
- ½ cup cooked sweet potato or ½ cup canned pumpkin
- ½ tsp cinnamon
- ¼ tsp ginger
- 1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

MONKEY BUSINESS (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

- 2 scoops Nutrition Shake — Creamy Vanilla
- ½ semi-frozen banana
- 1 Tbsp organic creamy peanut butter
- Dash cinnamon (optional)
- 1 cup unsweetened almond milk

TIP: Sweet tooth? Simply add a ¼–1 tsp Stevia powder or monk fruit powder (a friendly sweeteners choice)

NOTE: Although honey, agave syrup, coconut sugar, coconut nectar and maple syrup are natural sweeteners (healthier alternatives to processed sugar and corn syrup), they still contain sugar and have a high glycemic index; therefore, they are not a part our approved list.

Breakfast of Champions

PROTEIN-POWERED GRANOLA (SS, CC)

(Servings: 10)

- 1 cup oats
- ½ cup coconut, desiccated
- ¼ cup pumpkin seeds
- ¼ cup walnuts or pistachios
- ½ cup almonds, chopped
- ½ cup dried cranberries
- ½ cup raisins
- 1 Tbsp cinnamon powder
- 1 tsp cocoa
- ¼ tsp salt
- 2 Tbsp coconut oil
- 4 Tbsp sweetener choice (agave nectar/maple syrup/coconut nectar)
- 1 serving Nutrition Shake — Chocolate or Vanilla

Combine the oats, coconut, almonds, soy nuts and pumpkin seeds. Spread them on a baking tray and “toast” for 15 minutes at 350 F. Combine the fruit with protein powder, cocoa and salt. Melt the coconut oil and sweetener on a stove top over low to medium heat until melted, stirring consistently. Mix all the ingredients and pack the mixture into an 8x8 baking tray, pressing down thoroughly. Bake at 300 F for 20 minutes, let cool and break into chunks.

NOTE: Feel free to omit the raisins and cranberries if you want to lower the glycemic impact this recipe.

POWER PANCAKES (SS, CC)

(Servings: 1–2)

- ¼ cup oats
- ½ banana, mashed
- 1 egg white
- 1 Tbsp almond milk
- ½ tsp baking powder
- ¼ tsp cinnamon
- 1 serving Nutrition Shake — Creamy Vanilla

Using a fork, combine all the ingredients into a uniform paste, adding milk as necessary to achieve the desired consistency. Coat a nonstick pan with cooking spray, pour batter and heat for two minutes per side or until cooked.

WORKOUT WAFFLES (SS, CC)

(Servings: 2)

- ¼ cup almond milk
- ¼ cup oat, whole wheat or your favorite gluten-free flour
- ½ large banana, mashed
- 1 egg
- ½ tsp baking powder
- 1 serving Nutrition Shake — Creamy Vanilla

Combine all the ingredients using a blender or food processor. Thickly coat a waffle iron with cooking spray. Pour in the mixture and cook 5–6 minutes each.

PROTEIN BREAKFAST BARS (SS, CC)

(RR – ENJOY OCCASIONALLY)

(Servings: 6)

- ½ cup unsweetened applesauce
- ⅓ cup almond flour
- ¼ cup oat flour
- ¼ cup Stevia powder
- 1 tsp vanilla extract
- 1 tsp maple extract
- 1 tsp cinnamon
- 1 tsp baking soda
- ⅛ tsp salt
- 1 serving Nutrition Shake — Creamy Vanilla

FROSTING (optional):

- 1 cup Greek yogurt, plain
- 1 Tbsp Stevia powder
- ½ tsp vanilla extract

Preheat the oven to 350 F. Coat an 8x8 baking pan with cooking spray. Combine the dry ingredients and the wet ingredients separately, then combine the dry ingredients with the wet ingredients and mix thoroughly. Bake 10–12 minutes until set. Cool and frost before serving.

VANILLA-CRANBERRY BREAD (SS, CC)

(Servings: 10)

- 1 cup oats
- 1 cup dried cranberries
- ¼ cup whipped cream cheese
- 2 egg whites
- ¼ cup almond milk
- 7 oz apple sauce
- 2 tsp coconut oil
- 2 tsp vanilla extract
- 3 servings Nutrition Shake — Creamy Vanilla

Preheat the oven to 325 F. Combine all the ingredients, and whisk them until smooth. Coat a bread pan with cooking spray. Pour in the batter and bake 30–35 minutes.



Muffins

You will be amazed with these flourless, sugar-free muffin creations.

DR. NANCY'S FRIENDLY CHOCOLATE MUFFINS

(FS, PH2, RR, SS, CC)

(Suitable for any Program where a shake is recommended)

- 2 scoops Nutrition Shake — Chocolate Delight
- 1 egg
- 2 Tbsp unsweetened applesauce
- ¼ tsp baking powder
- 1 – 2 Tbsp unsweetened dark cocoa powder or cacao powder

Mix and pour into muffin pan (makes approx. 6 in a normal muffin tin). Bake at 400 F for 12 to 14 minutes, depending on how big the muffins are.

BLUEBERRY MUFFINS (FS, PH2, RR, SS, CC)

- 2 scoops Nutrition Shake – Creamy Vanilla
- 2 Tbsp unsweetened applesauce
- 1 egg
- A single squeeze juice from a fresh orange
- ½ tsp baking soda

Mix all ingredients and pour the mixture into the muffin pan (makes approximately six standard-size muffins). Add 3–5 blueberries (depending on size) in each muffin. Bake at 400 F for 13 to 15 minutes.

CARROT CAKE MUFFINS (FS, PH2, RR, SS, CC)

- 4 scoops Nutrition Shake – Creamy Vanilla
- 4 Tbsp unsweetened applesauce
- 2 eggs
- ¾ cup shredded carrots
- ¼ cup raisins
- 1 Tbsp ground flax meal
- ½ tsp baking soda
- ½ tsp cinnamon
- ¼ tsp nutmeg

Mix all ingredients and pour the mixture into the muffin pan (makes approximately six standard-size muffins). Bake at 400 F for 13 to 15 minutes.



APPLE CINNAMON MUFFINS (FS, PH2, RR, SS, CC)

- 2 scoops Nutrition Shake — Creamy Vanilla
- 1 egg
- 2 Tbsp unsweetened applesauce
- ¼ tsp baking powder
- ¼ cup shredded apple
- 1 tsp cinnamon

Mix all ingredients and pour the mixture into the muffin pan (makes approximately six standard-size muffins). Bake at 400 F for 12 to 14 minutes, depending on how big the muffins are.

PUMPKIN SPICE MUFFINS (SS, CC)

- 2 scoops Nutrition Shake — Creamy Vanilla
- 1 egg
- 2 Tbsp no-sugar-added applesauce
- ¼ tsp baking powder
- 2 Tbsp canned pumpkin
- 1–2 Tbsp crushed walnuts (optional)
- 1 tsp pumpkin spice
- ½ tsp nutmeg
- ½ tsp cinnamon

Mix and pour the mixture into the muffin pan (makes approximately six standard-size muffins). Bake at 400 F for 12 to 14 minutes, depending on how big the muffins are.

CROSS TRAINER CUPCAKES (CC, SS)

(Servings: 12)

- 1¼ cup oat flour
- ¼ cup Stevia powder
- ½ cup unsweetened applesauce
- ½ cup Greek yogurt, plain
- ¼ cup almond milk
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp almond extract
- 1 tsp vanilla extract
- 3 egg whites
- 1 serving Nutrition Shake — Vanilla
- Light whipped cream (optional)

Preheat the oven to 375 F. Coat the muffin pan with cooking spray. Combine all the ingredients in blender or food processor, mixing until the consistency is uniform. Pour the mixture into a pan and bake for 20 minutes. Let cool and top with light whipped cream. Store in the refrigerator as needed.

Treats

Have a birthday, holiday gathering or celebration coming up? These are sure to please — no one will know they are healthy!

CHAMPIONSHIP CHOCOLATE CHIP COOKIES (SS, CC)

(Servings: 24)

- 1¾ cup oat flour
- 1 cup unsweetened applesauce
- 1 cup Greek yogurt, plain
- 1 can (16 oz) chickpeas, drained and rinsed
- ¼ cup Stevia powder
- ¼ cup dark chocolate chips
- 1 egg
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp vanilla extract
- 1 serving® Nutrition Shake — Vanilla

Preheat the oven to 400 F. Coat a baking sheet with cooking spray. Setting aside the chocolate chips, combine all the dry ingredients. Using a blender or food processor, combine all the wet ingredients, mixing thoroughly into a uniform texture. Combine all of the wet and dry ingredients, stirring the chocolate chips in last. Scoop and place the dough on a baking tray in 2-Tbsp-size portions. Bake 8–10 minutes and let cool.

PEANUT BUTTER-BANANA COOKIES (SS, CC)

(Servings: 5)

- 1 cup oats
- 2 medium bananas
- 2 Tbsp peanut butter
- 1 serving Nutrition Shake — Vanilla

Preheat the oven to 350 F. Using a fork, combine all the ingredients into a uniform dough, adding milk or water as necessary to achieve the desired consistency. Coat a cookie sheet with cooking spray and divide the dough into 8–10 individual cookies. Bake for 15–20 minutes.

MOCHA BROWNIES (SS, CC)

(Servings: 12)

- 14 oz sweet potatoes, skinned
- 3½ oz dark chocolate chips
- 2 Tbsp oats
- 3 egg whites
- 1 tsp agave nectar or maple syrup
- 1 tsp instant coffee
- ½ tsp cinnamon
- ½ tsp baking powder
- ½ tsp coconut oil
- ½ cup almonds, chopped (optional)
- 1 serving Nutrition Shake — Chocolate

Preheat the oven to 350 F. Boil the potatoes over medium-high heat until soft, then combine them with the protein powder, oats, coffee and baking powder using a blender or food processor. Melt the chocolate and coconut oil for 1 to 2 minutes over low-medium heat, stirring consistently; then, add this to the other ingredients along with the agave nectar/maple syrup and egg whites, mixing thoroughly. Coat an 8x8 baking pan with cooking spray. Pour the batter and bake for 30 minutes.



Treats

Have a birthday, holiday gathering or celebration coming up? These are sure to please — no one will know they are healthy!

DELECTABLE DIET DOUGHNUTS (RR, SS, CC)

(Servings: 6)

- 1 whole egg
- 2 egg whites
- 1 cup almond milk
- ½ cup coconut flour
- ¼ cup Stevia powder
- 2 Tbsp unsweetened applesauce
- 2 Tbsp honey
- 1 tsp baking soda
- ⅛ tsp salt
- 1 serving * Nutrition Shake — Vanilla

Preheat the oven to 350 F. Coat a doughnut pan with cooking spray. Combine the dry ingredients and the wet ingredients separately. Combine the dry ingredients with the wet ingredients and mix thoroughly into a uniform texture. Bake for 20–25 minutes and cool.



DUSTED DOUGHNUT HOLES (SS, CC)

(Servings: approximately 16)

- 1 cup oat flour
- ¼ cup Stevia powder
- ¼ cup almond milk
- 1 tsp baking powder
- 1 tsp cinnamon
- ½ tsp salt
- ½ tsp vanilla extract
- ¼ tsp baking soda
- 4 egg whites
- 1 serving Nutrition Shake — Creamy Vanilla

DUSTING (optional):

- ¼ cup Stevia powder
- 2 Tbsp cinnamon

Preheat the oven to 325 F. Coat a mini muffin tray with cooking spray. Combine the dry ingredients and the wet ingredients separately. Combine the dry ingredients with the wet ingredients and mix thoroughly into a uniform texture. Bake 20–25 minutes. Remove while warm and roll in dusting, if desired.

CHOCOLATE NICE-CREAM (RR, SS, CC)

- 1 cup crushed ice
- ¾ cup almond milk
- ¼ tsp vanilla extract
- ½ frozen banana, pre-sliced then frozen
- ¼ cup washed cashews
- 1 Tbsp organic almond or peanut butter
- 2 scoops Nutrition Shake — Chocolate Delight
- 2 Tbsp dark cocoa powder

Combine ingredients using a blender. Blend in blender on slow while adding Nutrition Shake and cocoa powder. Once blended smooth pour into container and let chill in freezer for 1–2 hours. Scoop out, garnish with fresh raspberries and hemp seeds and enjoy!

No-Bake Recipes

PROTEIN BALLS (SS, CC)

- 1 cup organic or natural peanut butter
- ½ cup flax meal
- ½ cup unsweetened coconut flakes
- 1 cup gluten-free granola
- 2 Tbsp honey
- 2 Tbsp hemp hearts
- 2 scoops Nutrition Shake — Chocolate Delight

Mix all the ingredients with your hands, adding a splash water while mixing. Hand roll the mixture into balls. Refrigerate for 30 minutes, and keep leftovers refrigerated.

FROZEN YOGURT BERRY BARK DESSERT (RR, SS, CC)

- 2 cups plain Greek yogurt
- 2–3 scoops Nutrition Shake — Creamy Vanilla
- 1 cup berries your choice
- 1 Tbsp unsweetened shredded coconut
- 1 Tbsp honey (optional)

Mix the yogurt, shake and honey until combined. Add two-thirds the berries and stir again. Line a tray with parchment paper, and spread the yogurt mixture evenly to the desired thickness. Top the yogurt mixture with the remaining berries and coconut. Place in the freezer 2–4 hours or until frozen. Remove from the freezer, break and serve.

PEANUT BUTTER FUDGE PROTEIN BARS (SS, CC)

(Servings: 12)

- 1 cup natural peanut butter
- 3 Tbsp honey (or to taste)
- 1 cup uncooked oats
- 2–5 Tbsp water
- 1 Tbsp unsweetened cocoa (optional)
- 1½ cups Nutrition Shake — Chocolate Delight

Mix the peanut butter and honey in a bowl and microwave for 30 seconds. Add the rest of the ingredients and mix together. The mixture should be crumbly and slightly moist. Press hard into a 9x9 tray and refrigerate for 20 minutes. Cut into 12 equal bars.

VEGAN NO-BAKE PEANUT BUTTER CHOCOLATE CHIP PROTEIN BARS (CC, SS)

(Servings: 15)

DRY

- 1½ cups oats
- ½ cup shredded coconut (sweetened optional)
- ½ cup raisins or any dried fruit like date chunks, cranberries, craisins or dried cherries, mangoes or apricots (optional)
- ½ cup chocolate chips
- ¼ cup almonds or other nuts, chopped (optional)
- 1½ tsp cinnamon powder
- 3 scoops Nutrition Shake — Creamy Vanilla

WET

- 1 ripe banana, mashed
- ¼ cup sweetener (maple syrup, agave nectar or honey)
- ½ cup almond butter or any nut butter (peanut, pecan, cashew, etc.)
- 1 tsp vanilla extract

Combine all of the dry ingredients in a large bowl. In a smaller bowl, mash the ripe banana and add all of the wet ingredients. Pour the wet ingredients into the dry ingredients bowl and mix well. Spread the mixture into 8x8 or 9x9 baking dish lined with plastic wrap or waxed paper. Press until flat. Place the dish in a freezer for a few hours or until firm. Remove the mixture from the dish and carefully cut it into 15 squares, bars or logs. For easy grab-and-go snacks, wrap the bars individually in plastic wrap. Store in the refrigerator or freezer for up to one month. These bars soften quickly at room temperature.

