



SWEET TREATS AND INSPIRED INFUSIONS FOR EVERY PHASE

DRINKS & DESSERTS FOR THE **FAST** METABOLISM DIET

HAYLIE POMROY



COPYRIGHT © 2014 BY HAYLIE POMROY

Drinks

PHASE 1

Watermelon Mint Cooler

PHASE 1

Mango-Peach Sparkler

PHASE 2

Limeade Slushy

PHASE 2

Rosemary-Infused Cucumber Lemonade

PHASE 3

Berry-Coconut Mojito

PHASE 3

Creamy Grasshopper

Watermelon Mint Cooler SERVES 4

Since this recipe includes so much watermelon, this drink would count as a Phase 1 fruit on the Fast Metabolism Diet.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

4 cups seedless watermelon chunks (about 1 pound)	3/8 teaspoon stevia
1½ cups spring water	½ cup fresh mint
¼ cup fresh lemon juice	Mint sprigs for garnish, optional

- 1.** In a blender, puree the watermelon, water, lemon juice, and stevia; strain if no pulp is desired.
- 2.** Stir in the mint and serve over ice. Garnish with sprigs of mint, if desired.



PHOTO BY TARA TUCKWILLER

Mango-Peach Sparkler SERVES 4

The frozen mango and peaches make this drink so easy and refreshing. Garnish with a few raspberries, pineapple slices, or sprigs of mint. One drink would count as about $\frac{1}{4}$ of a fruit portion.

PREP TIME: 5 minutes ■ **TOTAL TIME:** 5 minutes

1 cup frozen mango chunks, thawed	10 drops liquid stevia, or to taste
$\frac{2}{3}$ cup frozen peach slices, thawed	Sparkling water or seltzer

- 1.** In a blender, puree the thawed mangoes, peaches, and stevia.
- 2.** For each drink, spoon 3 tablespoons of the puree into an old-fashioned glass filled with ice.
- 3.** Stir in $\frac{1}{2}$ cup of sparkling water or seltzer and serve. Garnish if desired.



PHOTO BY TARA TUCKWILLER

Limeade Slushy SERVES 2

This frozen, mushy treat really hits the spot on Phase 2 (or any phase) of the Fast Metabolism Diet. Feel free to use it as an “anytime” beverage.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

1 lime, peeled

½ teaspoon lime zest

3 packets stevia

1 cup water

2 cups crushed ice

Put all of the ingredients into a blender, adding the ice last. Blend until smooth, garnish with additional lime zest if desired, and serve.



PHOTO BY TARA TUCKWILLER

Rosemary-Infused Cucumber Lemonade

SERVES 4

Herbs like rosemary are a wonderful way to spice up your lemonade. You can also try this with basil or mint. Enjoy anytime on any phase.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

3 large cucumbers	½ cup fresh lemon juice
1 tablespoon chopped fresh rosemary, plus 4 sprigs for garnish	¾ teaspoon liquid stevia
1 cup spring water	

- 1.** Cut 12 thin slices of cucumber for garnish. Peel and chop the rest of the cucumber, and puree it with the chopped rosemary in a food processor. Strain the puree through a fine-mesh sieve, pressing on the solids to extract all of the liquid.
- 2.** Stir the water, lemon juice, and stevia into the cucumber juice. Divide among 4 ice-filled glasses. Garnish with cucumber slices and rosemary sprigs.



PHOTO BY TARA TUCKWILLER

Berry-Coconut Mojito SERVES 1

This recipe doesn't contain enough healthy fat or fruit to meet a full portion, so enjoy it in moderation during Phase 3. If you drink several glasses, count it as a healthy fat and a fruit.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

1 handful raspberries and/or blackberries

1 tablespoon mint leaves, extra for garnish

12 drops liquid stevia

1 tablespoon fresh lime juice

½ cup coconut water

Splash of sparkling water

Ice

Lime wheels and/or berries for garnish

1. In a 12-ounce glass, use the back of a spoon to muddle (mash) the berries with the mint leaves and stevia, crushing the berries and mint.
2. Stir in the lime juice, coconut water, sparkling water, and ice to fill the glass.
3. Garnish with mint, lime wheels, and/or berries.



PHOTO BY TARA TUCKWILLER

Creamy Grasshopper SERVES 1

This chocolaty, minty, creamy drink is so yummy you'd never guess it was healthy. Count as ½ of a healthy fat serving on Phase 3.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes

½ cup coconut milk or almond milk

⅛ teaspoon peppermint extract

1 teaspoon raw cacao powder

8 drops liquid stevia, or to taste

½ teaspoon vanilla extract

Fresh mint for garnish

1. Blend the coconut milk, cacao, vanilla and peppermint extracts, and stevia until frothy.
2. Pour over ice cubes in a cocktail glass. Garnish with fresh mint.

PHASE 3

DRINKS



PHOTO BY TARA TUCKWILLER

Desserts

PHASE 1

Frozen Blueberry Mousse

PHASE 1

Pumpkin Muffins

PHASE 2

Rhubarb Mousse

PHASE 2

Easy Lemon Meringues

Phase 3

Warm Chocolate-Pumpkin Custard

PHASE 3

Classic Fudgesicles

PHASE 3

Coconut Whipped Cream

Frozen Blueberry Mousse SERVES 1

This summery dessert works with any berry. Try strawberries, blackberries, or raspberries, whatever is in season. This counts as a fruit and $\frac{1}{3}$ of a protein portion on Phase 1.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes, plus freezing time

1 cup blueberries

1 large fresh egg white

1 teaspoon powdered stevia, or to taste

Pinch of cream of tartar

1. Combine the blueberries and stevia in a blender and puree until smooth.
2. In a mixing bowl, with an electric mixer, beat the egg white with the cream of tartar until stiff peaks form.
3. Transfer the blueberry mixture to a medium bowl, stir in $\frac{1}{4}$ of the egg whites, and gently fold in the remaining egg whites. Pour into a small freezer container with a lid and freeze to desired firmness (at least 2 hours). Partially defrost for 10 minutes and serve.



PHOTO BY TARA TUCKWILLER

Pumpkin Muffins SERVES 12

Because these do not contain fruit, they can't be swapped for a snack, but feel free to enjoy them as a grain with a Phase 1 breakfast, lunch, or dinner.

PREP TIME: 15 minutes ■ **TOTAL TIME:** 30 to 35 minutes

1¾ cups gluten-free quinoa or brown rice baking flour	¼ teaspoons baking soda
¾ cup birch xylitol	¼ teaspoons sea salt
2 tablespoons arrowroot powder	¾ cup canned pumpkin
2 teaspoons corn-free baking powder	½ cup rice milk
½ teaspoons ground cinnamon	4 large egg whites
¼ teaspoons ground ginger	2 teaspoons vanilla extract
¼ teaspoons ground nutmeg	2 tablespoons finely chopped ginger



PHOTO BY TARA TUCKWILLER

-
- 1.** Preheat the oven to 375°F. Place 12 cupcake papers in a muffin tin.
 - 2.** In a large bowl, stir together the flour, xylitol, arrowroot, baking powder, cinnamon, ground ginger, nutmeg, baking soda, and salt.
 - 3.** In another bowl, stir together the pumpkin, milk, egg whites, and vanilla, until blended. Add this mixture to the dry ingredients and stir just to combine. Stir in the chopped ginger.
 - 4.** Spoon the batter into the prepared muffin cups. Bake for 15 to 20 minutes, or until a toothpick inserted in the center of one muffin comes out clean. Remove the muffin pan to a wire rack and cool for 5 minutes; then move the muffins onto the rack to finish cooling. Serve warm, or cool completely and store in an airtight container at room temperature.

Rhubarb Mousse SERVES 6

Since rhubarb is a veggie, this tangy mousse is a great anytime snack for Phase 2 or 3.

PREP TIME: 20 minutes ■ **TOTAL TIME:** 20 minutes, plus chilling time

4 cups ½-inch pieces fresh rhubarb	2 large fresh egg whites
1 cup xylitol	⅛ teaspoon cream of tartar
2 tablespoons lemon juice	
¼ teaspoon cinnamon	
1 teaspoon vanilla	

- 1.** Combine the rhubarb, xylitol, lemon juice, and cinnamon in a heavy large saucepan. Stir over medium heat until the xylitol dissolves. Reduce the heat to medium-low, cover and simmer until the rhubarb is tender, stirring occasionally, about 7 minutes. Stir in the vanilla. Cool the rhubarb mixture at least to room temperature.
- 2.** With an electric mixer, beat the egg whites with the cream of tartar until stiff peaks form. Stir ¼ of the egg white into the cooled rhubarb mixture, and then gently fold in the remaining egg whites. Spoon into individual dishes and chill for at least 30 minutes before serving.



PHOTO BY TARA TUCKWILLER

Easy Lemon Meringues

MAKES ABOUT 32 COOKIES

Be sure to choose fresh, not pasteurized, eggs for this recipe; pasteurized eggs will not whip up enough. Enjoy as an anytime treat; these are more air than protein.

PREP TIME: 30 minutes ■ **TOTAL TIME:** 24 hours

2 large fresh egg whites

½ cup birch xylitol

1 teaspoon fresh lemon juice



PHOTO BY TARA TUCKWILLER

-
- 1.** Preheat the oven to 225°F. Line two baking sheets with parchment paper. Have ready a pastry bag with a ½-inch tip (or you can just use a plastic bag and snip off a little corner).
 - 2.** Beat the egg whites and lemon juice with an electric mixer until the whites hold stiff peaks. Beat in the xylitol, a tablespoon at a time. Continue beating until the xylitol is fully dissolved (when you rub a bit of the meringue between your fingers, you shouldn't feel any xylitol crystals), and the meringue is very stiff and glossy.
 - 3.** Transfer the meringue to the pastry bag or plastic bag. Holding the bag perpendicular to the baking sheet, pipe mounds about 2 inches high. Bake for 2 hours, then turn the oven off and leave the meringues in the warm oven overnight. If they're still sticky in the morning, leave them in the oven (or in another dry place) until they are dry.

Warm Chocolate-Pumpkin Custard

SERVES 6

This rich dessert counts as a healthy fat on Phase 3. Be sure not to overcook so that the center stays gooey and delicious.

PREP TIME: 15 minutes ■ **TOTAL TIME:** 45 minutes

2 large eggs	1 teaspoon cinnamon
15-ounce can pumpkin puree	1 teaspoon sea salt
14-ounce can coconut milk	$\frac{3}{8}$ teaspoon powdered stevia
1 teaspoon vanilla extract	Pinch of ground chipotle, optional
$\frac{1}{3}$ cup raw cacao powder	

1. Preheat the oven to 350°F.
2. In a large mixing bowl, beat together the eggs, pumpkin, coconut milk, and vanilla.
3. In a smaller bowl, combine the cacao powder, cinnamon, salt, stevia, and chipotle powder, if using. Add the dry ingredients to the wet, and beat until smooth.
4. Place six 6-ounce ramekins in a baking dish and distribute the batter evenly among them. Pour 1 inch of boiling water into the dish around the ramekins. Bake for 30 minutes, until the custard is still a bit wobbly in the center. Remove the dish from the oven, immediately remove the ramekins from the water bath, and set them on a rack to cool. Serve warm or chilled.



PHOTO BY TARA TUCKWILLER

Classic Fudgesicles SERVES 4

These irresistible frozen treats appeal to adults as much as kids. One fudgesicle counts as a healthy fat portion on Phase 3.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 8 hours for freezing

14-ounce can coconut milk	1 teaspoons vanilla extract
2 tablespoons raw cacao	Pinch of sea salt
2 teaspoons stevia	

- 1.** Blend all of the ingredients in a blender or food processor until smooth.
- 2.** Pour the mixture into four ½-cup popsicle molds. Freeze until set, at least 8 hours or overnight.



PHOTO BY TARA TUCKWILLER

Coconut Whipped Cream

SERVES ABOUT 4

Plop a dollop of this decadent whipped cream on top of your favorite Phase 3 fruit. It will keep for about three days in the refrigerator. About 3 heaping tablespoons would count as a healthy fat.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 10 minutes, plus overnight chilling time

14-ounce can coconut milk
1 teaspoon vanilla extract

10 drops liquid stevia, or to taste

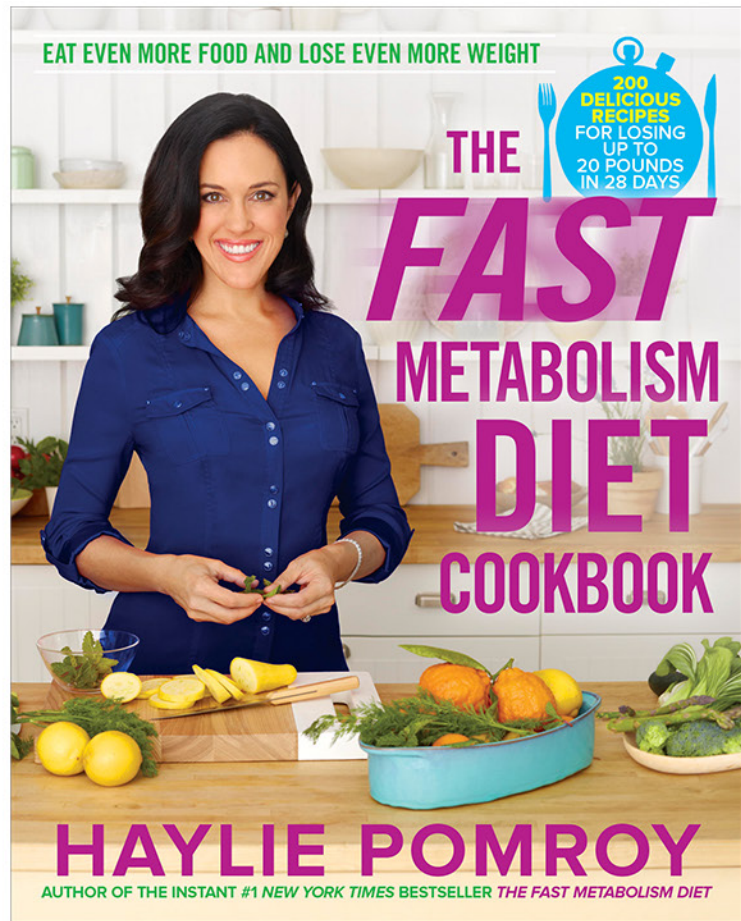
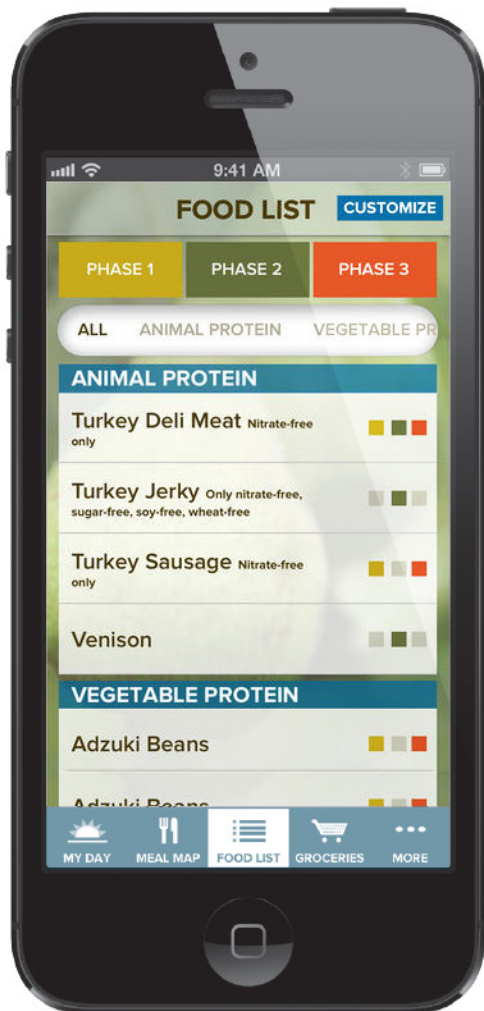
1. Refrigerate the can of coconut milk overnight.
2. Open the can and scoop just the solid coconut cream into a bowl (save the coconut water for a smoothie). Beat the coconut cream, vanilla, and stevia together with an electric mixer until thick and fluffy, about 4 minutes.



PHOTO BY TARA TUCKWILLER

TURN YOUR KITCHEN INTO A SECRET WEAPON WITH THE FAT-BURNING POWER OF FOOD!

Use food as medicine to cook your way healthy in this must-have companion to the bestselling diet sensation, ***The Fast Metabolism Diet***. You will find over 200 simple, effective, mouthwatering, family-pleasing recipes designed to evoke change in your body.



Make the diet even easier with the **Fast Metabolism Diet App**

Sign up for Haylie's weekly newsletter:
Visit FastMetabolismDiet.com



For Hollywood diet secrets and giveaways:
Like Haylie at [facebook.com/hayliepomroy](https://www.facebook.com/hayliepomroy)



For nutrition tips and advice:
Follow Haylie on Twitter: [@hayliepomroy](https://twitter.com/hayliepomroy)



Find recipe inspiration at:
[Pinterest.com/hayliepomroy](https://www.pinterest.com/hayliepomroy)



HARMONY
BOOKS • NEW YORK