

# FAST METABOLISM DESSERTS

FEATURING METABOLISM SWEET



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## INTRODUCTION

A client recently sent me this actual text: "I had so much pleasure and excitement tonight! May it all trigger my thyroid to burn that tiramisu I enjoyed so much! LOL, I'll send you my weight in the morning."

You see, when you take pleasure in the food you eat, you actually work with nature to speed things up. Pleasure stimulates the metabolism by triggering the adrenals to produce endorphins. These endorphins stimulate the brain to produce serotonin, a mood-elevating brain hormone that in turn stimulates the thyroid to produce the fat-burning hormone. Talk about a chain reaction!

The pleasure, joy and excitement about your food translate into pleasure, joy and excitement about life. So enjoy and take pleasure with these delicious Fast Metabolism Desserts.

In good health,



## ABOUT STEVIA

Stevia is a South American herb used as a natural sweetener for centuries. The leaves of the Stevia rebaudiana plant have a refreshing taste, zero glycemic index and zero carbs.

- 100% All Natural
- Zero Carbs
- Zero Glycemic Index Value
- Sugar-Free
- Chemical-Free
- Allergen-Free
- Gluten Free

My Metabolism Sweet is made with high-purity Stevia extract that comes in four amazing flavors; Original (just plain Stevia sweetener), Vanilla, Chocolate, and Cinnamon. Each 50 mL bottle has a glycemic index value (GI value) of 0. Metabolism Sweet is perfect for anyone looking for a delicious, all natural way to sweeten anything when cooking, baking or adding to drinks or water for added flavor.

**Stevia Ingredients:** Stevia extract (Stevia rebaudiana leaf, Steviol glycosides)

**Other Ingredients:** Natural flavor, purified water, vitamin C (non-corn derived)



# Frozen Blueberry Mousse

PHASE 1 | Serves 1 | Prep time: 10 minutes | Total time: 10 minutes + freeze time

## Ingredients

- 1 cup blueberries
- 3 drops Metabolism Sweet Original, or to taste
- 1 large fresh egg white
- Pinch of cream of tartar

## Directions

1. Combine the blueberries and Metabolism Sweet Original in a blender and puree until smooth.
2. With an electric mixer, beat the egg white with the cream of tartar until stiff peaks form.
3. Transfer the blueberry mixture to a bowl, stir in 1/4 of the egg white, and then gently fold in the remaining egg whites.
4. Pour into a small freezer container with a lid and freeze until firm.
5. Partially defrost for 10 minutes and serve.





# Apple Blueberry French Toast Casserole

PHASE 1 | Serves 6 | Prep time: 40 minutes | Total time: 1 hour 10 minutes

## Ingredients

- 18 egg whites
- 1 1/2 cups unsweetened rice milk
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 10 drops Metabolism Sweet Original, or to taste
- 6 slices sprouted-grain bread, cubed
- 2 cups fresh or frozen blueberries

### Apple Compote (Makes 3 cups)

- 4 medium apples, peeled and sliced
- 2 tablespoons arrowroot powder
- 2 teaspoons ground cinnamon
- 1 teaspoon fresh lemon juice
- 1/8 teaspoon sea salt
- 15 drops Metabolism Sweet Cinnamon, or to taste

## Directions

1. In a large mixing bowl, combine the egg whites, rice milk, cinnamon, vanilla, almond extract, and Metabolism Sweet Original. Whisk well. Line a medium baking dish (about 8 by 11 inches) with parchment and fill it with the bread.
2. Pour the liquid mixture over the bread, making sure all parts of the bread are moistened, and allow it to sit for at least 30 minutes. (Note: You can make the casserole ahead to this point, cover, and refrigerate.) Meanwhile, preheat the oven to 350°F.
3. Mix the blueberries into the bread mixture. Bake the casserole for about 30 minutes, or until there is no liquid between the cubes. Allow the casserole to cool a bit, and serve with about 1/2 cup of the Apple Compote per serving.
4. For the compote, combine the apples, arrowroot, cinnamon, lemon juice, and salt in a large saucepan over medium heat. Add 2 cups water and cook, stirring often, until the mixture becomes thick and the apples soften but don't break apart, about 15 minutes. Let the compote cool a bit (it will thicken more as it cools), stir in the Metabolism Sweet Cinnamon, and serve.



# Lemon Ginger Gummies

PHASE 2 | Serves 5 | Prep time: 5 minutes | Total time: 1 hour 20 minutes

## Ingredients

- 1 cup water
- 1/2 cup plain, grass-fed beef gelatin (such as Great Lakes Brand)
- 1 teaspoon Metabolism Sweet Original, or to taste
- 1 teaspoon freshly grated ginger
- 1 cup fresh-squeezed lemon juice

## Directions

1. Bring the water to a boil.
2. Meanwhile, whisk the gelatin, Metabolism Sweet Original, and ginger into the lemon juice until smooth. Add the boiling water and continue to whisk until smooth.
3. Pour the mixture into an 8 x 8 inch cake pan.
4. Refrigerate for 1 hour 15 minutes, or until firm.
5. Use a spatula to remove the solidified gelatin, and place it on a cutting board.
6. Use a pizza cutter or knife to cut into 1-inch squares.
7. Keep the squares refrigerated, in a tightly sealed container.



# Chocolate Mug Cake

PHASE 2 | Serves 1 | Prep time: 1 minutes | Total time: 1 minute

## Ingredients

- 1 egg white
- 1 1/2 tablespoons raw cacao powder
- 1 tablespoons birch xylitol
- 3 drops of Metabolism Sweet Chocolate, or to taste
- dash of sea salt

## Directions

1. Add egg white to mug and whip really well, add in cacao, xylitol, Metabolism Sweet Chocolate.
2. MICROWAVE for 45 to 60 seconds on 50% power.
3. Top with dash of sea salt.

Note: Mixing all ingredient into a blender bottle then pouring into a mug works really well too.





# Cacao Chia Pudding

PHASE 3 | Serves 2 | Prep time: 5 minutes | Total time: Overnight

## Ingredients

- 1 1/4 cup almond milk
- 1/4 cup chia seeds
- 1 1/2 tablespoons raw cacao powder
- 1/4 teaspoon liquid Metabolism Chocolate, or to taste
- Raw cacao nibs for garnish (optional)

## Directions

1. In a measuring cup or bowl, whisk together the almond milk, chia seeds, and cacao powder until all lumps are gone.
2. Whisk in the Metabolism Sweet Chocolate to taste.
3. Pour the mixture into individual serving dishes (or leave it all in one bowl), and refrigerate overnight until the pudding is set.
4. Serve chilled, garnished with cacao nibs if you like.





# Peppermint Cacao Mocktail

PHASE 3 | Serves 1 | Prep time: 5 minutes | Total time: 5 minutes

## Ingredients

- 1/2 cup coconut milk or almond milk
- 1 teaspoon raw cacao powder
- 1/8 teaspoon peppermint extract
- 8 drops Metabolism Sweet Vanilla, or to taste
- Fresh mint for garnish

## Directions

1. Blend the first 4 ingredients (coconut or almond milk through Metabolism Sweet Vanilla) in a blender.
2. Pour over ice cubes in a cocktail glass, and garnish with fresh mint.



# Cacao Coconut Truffles

PHASE 3 | Serves 7 | Prep time: 15 minutes | Total time: 2 hours 15 minutes

## Ingredients

- 2/3 cup mashed avocado (about 1 large)
- 1/4 cup plus 2 tablespoons raw cacao powder
- 1 teaspoon almond extract (omit if you just want straight chocolate)
- 4 drops Metabolism Sweet Vanilla, or to taste
- 2/3 cup raw cacao nibs
- 1/2 up unsweetened coconut flakes

## Directions

1. Blend the avocado in a food processor until it is very smooth. Add the cacao powder, optional almond extract, and vanilla extract and blend until well combined.
2. In a medium microwave-safe bowl, microwave the cacao nibs chips for about 1 minute, stirring every 20 seconds, until melted. Add the avocado mixture to the bowl of melted cacao nibs and stir until thoroughly combined. Cover the bowl with plastic wrap and refrigerate for 2 hours.
3. Line a cookie sheet with waxed paper, and place the coconut flakes in shallow plate.
4. Using a small cookie scoop or a melon baller, scoop the chilled cacao mixture and roll around in your hands to create even balls. Roll each ball in the coconut flakes and place on the prepared cookie sheet. Refrigerate until ready to serve.



# Coconut Whip with Cacao Strawberries

MAINTENANCE | Serves 4 | Prep time: 5 minutes | Total time: 5 minutes + chilling

## Ingredients

- 14-oz. can full-fat coconut milk
- 10 drops Metabolism Sweet Vanilla, or to taste
- Raw cacao powder, for dusting
- Fresh strawberries

## Directions

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).
3. Beat the coconut cream and Metabolism Sweet Vanilla together with an electric mixer until thick and fluffy, about 4 minutes. (This will keep refrigerated for 3 days.)
4. Serve with cacao-dusted strawberries.

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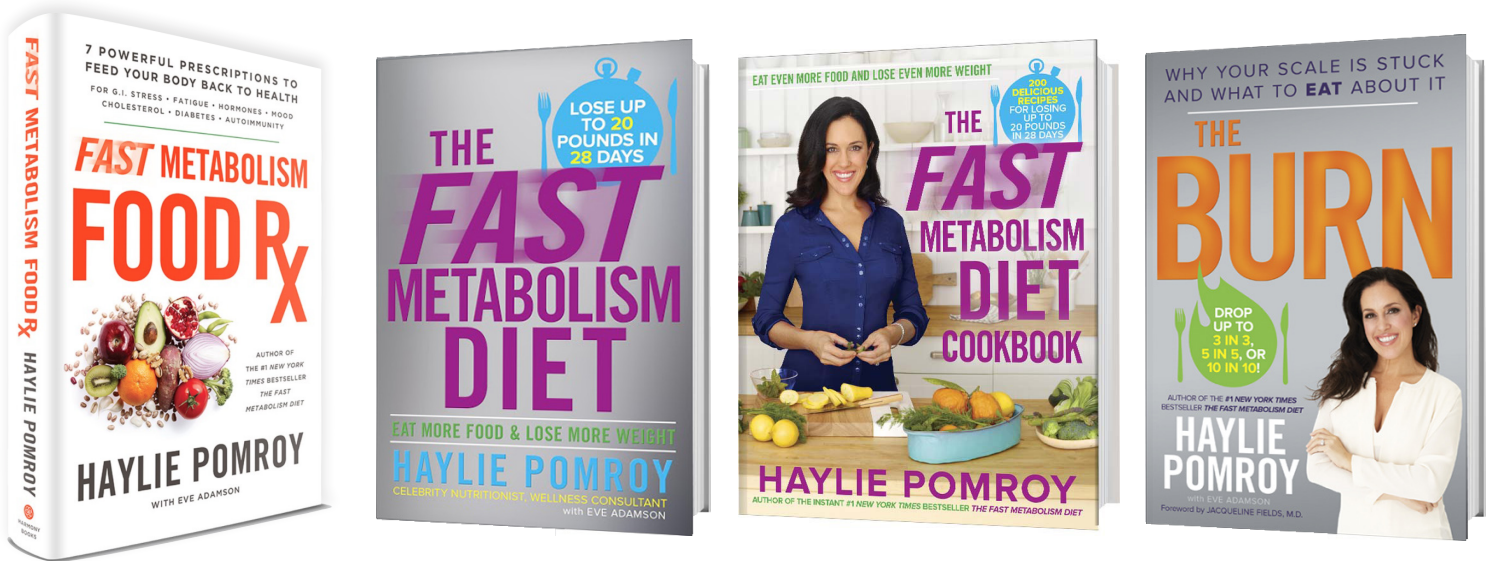


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