



 POMROY'S

BAKING MIX E-BOOK

**BAKING YOUR WAY TO A
FAST METABOLISM**

ALL NEW EXCLUSIVE BAKING RECIPES

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I am always on the lookout for new foods to create delicious meals that will rev up your metabolism. My kitchen is my laboratory and creating new recipes that I know you will love is a personal mission. I am delighted to introduce my NEW Pomroy's All Purpose Baking Mix. Yummy!

I personally created this delicious mix as a solution for all of your Fast Metabolism Diet baking dreams and desires. I combined whole grain sorghum, quinoa, arrowroot, tapioca, and prebiotic flours to make this all purpose baking mix an easy-to-prepare base for hearty & healthful homemade pancakes, cookies, breads, muffins, pie shells, brownies and more.

Be sure to check out our site regularly for new recipes. I love to bake. Use it like flour and make your favorite meals, snacks and desserts. This powder mix is approved for the Fast Metabolism Diet in Phase 1, 3 and maintenance.

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COFFEE CAKE MUFFINS

MAKES 6 MUFFINS | PHASE 3

Ingredients

Muffins:

- 3/4 cup Pomroy's Multi-Purpose Baking Mix
- 1/3 cup xylitol
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 3 large egg whites

Crumb topping:

- 2 tablespoons All Purpose Baking Mix
- 1 tablespoon xylitol
- 1/2 tablespoon chilled raw coconut oil
- 2 tablespoons chopped pecans

Directions

1. Preheat the oven to 350F. Line a 6-muffin pan with paper liners.
2. In a bowl, whisk together the Baking Mix, xylitol, baking powder, and cinnamon. In a separate bowl, whip the egg whites with an electric mixer until soft peaks form (about 2 to 3 minutes).
3. With a spatula or wooden spoon, gently fold in 1/3 of the dry ingredients just until just blended. Repeat with the remaining 2/3 dry ingredients.
4. Spoon into the prepared muffin cups, and bake 18 to 20 minutes, until the muffins are nearly done (test with a toothpick).
5. Meanwhile, make the crumb topping: Combine the baking mix, xylitol, and coconut oil in a bowl, and mix together with your fingertips until crumbly. Mix in the pecans. Sprinkle over the muffins after they have baked for 18 minutes, return to the oven, and bake 2 to 4 minutes more, until the muffins are cooked through. Cool and serve.

Portion: 1 muffin is a Phase 3 grain portion.



METABOLISM BROWNIES

MAKES 16 BROWNIES | PHASE 1 & PHASE 3

Ingredients

- 2 large whole eggs (Phase 3) or 4 egg whites (for Phase 1)
- 1/4 cup raw cacao powder
- 1/2 cup xylitol
- 2 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1 cup Pomroy's Multi-Purpose Baking Mix

Directions

1. Preheat oven to 350F
2. In a medium sized bowl, whisk eggs together with vanilla, xylitol, and cacao until well blended.
3. In a separate medium sized bowl, whisk the baking powder into the Baking Mix. Add the dry ingredients to the egg mixture and stir until blended.
4. Spoon into an 8" x 8" nonstick baking pan (or line a pan with parchment paper).
5. Bake 14-16 minutes or until wooden toothpick comes out clean. Cut into 2" x 2" squares.

Portion: For Phase 1, 4 brownies is a grain portion. For Phase 3, 2 brownies are a grain portion.



DECADENT CACAO CAKE

MAKES 16 PIECES | PHASE 1 & PHASE 3

Ingredients

- 3 whole eggs (Phase 3) or 6 egg whites (Phase 1)
- 2 teaspoon vanilla
- 1/3 cup raw cacao powder
- 1/2 cup xylitol
- 1 1/2 teaspoon baking powder
- 1 cup Pomroy's Multi-Purpose Baking Mix

Directions

1. Preheat oven to 350F
2. In a medium sized bowl, whisk eggs together with vanilla, xylitol, and cacao until well mixed. In a separate medium sized bowl, whisk the baking powder into the Baking Mix. Add the dry ingredients to the egg mixture and stir until blended.
3. Spoon into an 8" x 8" nonstick baking pan (or line a pan with parchment paper).
4. Bake 18-20 minutes. Check with a toothpick for doneness.

Portion: For Phase 1, 4 pieces is a grain portion. For Phase 3, 2 pieces are a grain portion.



CINNAMON-APPLE PANCAKES

MAKES 8 PANCAKES | PHASE 1

Ingredients

Pancakes (Serves 4)

- 1 cup Pomroy's Multi-Purpose Baking Mix
- 1/4 teaspoon cinnamon
- 4 large egg whites
- 1/2 cup peeled, finely diced apple

Quick Apple Compote (Serves 4)

- 3 apples, peeled, cored, and chopped
- 3 tablespoons water
- 1/2 teaspoon ground cinnamon
- 3/4 teaspoon arrowroot powder
- 15 drops liquid stevia, or to taste

Directions

1. In a bowl, stir together the baking mix and cinnamon. In a separate bowl, whip the egg whites with an electric mixer until soft peaks form, 2 to 3 minutes.
2. Gently fold in the dry ingredients, then fold in the diced apple.
3. In a hot nonstick skillet, drop about 1/3 cup of the batter, and smooth out to make eight 3-inch pancakes. Cook until small bubbles appear and the underside of the pancake is a light golden brown.
4. Flip and cook for a minute more. Serve with Quick Apple Compote.
5. For Quick Apple Compote, place all ingredients in a microwave-safe bowl and cover with plastic wrap (leave a small vent). Microwave on high 2 minutes or until the apples are tender.

Portion: 2 pancakes plus compote equals a Phase 1 grain and a Phase 1 fruit portion.



GLAZED LEMON-POPPYSEED MUFFIN

MAKES 6 MUFFINS | PHASE 1 & PHASE 3

Ingredients

Muffins:

- 3/4 cup Pomroy's Multi-Purpose Baking Mix
- 1/3 cup xylitol
- 1 teaspoon baking powder
- 1 tablespoon poppy seeds
- 3 large egg whites
- 1/2 tablespoon grated lemon zest
- 1/2 teaspoon lemon extract

Glaze:

- 1/4 cup powdered xylitol*
- 1/2 tablespoon fresh lemon juice
- 1/8 teaspoon lemon extract

Directions

1. Preheat the oven to 350F. Line a 6-muffin pan with paper liners.
2. In a bowl, whisk together the Baking Mix, xylitol, baking powder, and poppy seeds. In a separate bowl, whip the egg whites with an electric mixer until soft peaks form (about 2 to 3 minutes). With a spatula or wooden spoon, gently fold in the lemon zest and lemon extract. Fold in 1/3 of the dry ingredients just until just blended. Repeat with the remaining 2/3 dry ingredients. Spoon into the prepared muffin cups, and bake 18 to 22 minutes, until the muffins are done (test with a toothpick).
3. Remove the pan from the oven. Remove the muffins from the pan to a wire rack placed over a sheet of parchment or foil, and cool completely.
4. Whisk together the glaze ingredients (add 1/2 teaspoon water to thin, if needed). Drizzle the glaze over the cooled muffins.

Portion: 2 muffins are a Phase 1 grain; 1 muffin is a Phase 3 grain. Although poppy seeds are only on Phase 3, such a small amount are used that they are acceptable in this recipe for Phase 1.

*Process 3 to 4 tablespoons xylitol in a blender for 1 minute, then measure and use this like powdered sugar.



DIY PIZZA

MAKES 1, 7-inch PIZZA | PHASE 1 & PHASE 3

Ingredients

- 1/2 cup Pomroy's Multi-Purpose Baking Mix
- 3/4 teaspoon active dry yeast
- 2 tablespoon plus 1 teaspoon warm water
- 1 teaspoon olive oil (Phase 3 only)
- 1 teaspoon garlic powder
- 1/8 teaspoon fresh ground black pepper

Directions

1. Preheat oven to 375F
2. Line a cookie sheet or jelly roll pan with parchment paper.
3. In a small bowl, combine the Baking Mix, yeast, garlic powder and black pepper. Stir in the warm water and mix well. Add the olive oil (optional, Phase 3 only). Mixture will be a thick soup like consistency. Set aside for 5 minutes.
4. Spoon mixture into the center of the parchment paper and spread out to form a 6-inch circle. With a spoon, press the bottom of the dough thinner than the sides, to create a 1/2 inch ridge around the edge (optional).
5. Pre-bake the dough for 8 minutes. Remove from the oven; add pizza sauce and desired toppings. Place pizza back in the oven and bake for 8 minutes more. Do not overbake.
6. Remove pizza from the oven and slice into four wedges.

Portion: 2 slices is a grain portion for Phase 1; 1 slice is a grain portion for Phase 3. Be sure to figure toppings into your portions as well.



CARROT-OAT BREAKFAST COOKIES

MAKES 12 COOKIES | PHASE 3

Ingredients

- 1 cup rolled oats
- 3/4 cup Pomroy's Multi-Purpose Baking Mix
- 1 1/2 teaspoon baking powder
- 1 1/2 teaspoon cinnamon
- 1/2 cup xylitol
- 3/4 cup grated carrot
- 1 egg
- 1/3 cup almond or coconut milk
- 2 tablespoon coconut oil, melted
- 3/4 cup chopped walnuts

Directions

1. Preheat the oven to 375F
2. Whisk the dry ingredients together. In a separate bowl, beat the egg. Add the carrot, milk, and oil. Add the wet ingredients to the dry, and stir to combine.
3. Fold in the walnuts. Drop 12 cookies on a parchment-lined baking sheet and bake for 12 to 15 minutes, until the bottoms are a light golden brown.

Portion: Two cookies is a Phase 3 grain plus 1/2 healthy fat portion.



HERB FLATBREAD

MAKES 1 FLATBREAD | PHASE 1 & PHASE 3

Ingredients

- 1/2 cup Pomroy's Multi-Purpose Baking Mix
- 3/4 teaspoon active dry yeast
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoon warm water

Directions

1. Move oven rack to center. Preheat oven to 350F
2. Line a baking sheet with parchment paper.
3. Whisk together the dry ingredients. Stir in the warm water and mix well.
4. Spoon the mixture into the center of the parchment and using a spoon, spread out into a 9-inch circle.
5. Bake 10 to 12 minutes. Do not over-bake.

Portion: Makes 2 portions for Phase 1 grain, or 4 portions for Phase 3 grain.

Add-ins: Try using different herbs, or adding minced onion or garlic.

Phase 3 only: Halfway through baking, brush the top with olive oil and sprinkle with sesame seeds or sunflower seeds.



METABOLISM MUFFINS

MAKES 6 MUFFINS | PHASE 1 & PHASE 3

Ingredients

- 3/4 cup Pomroy's Multi-Purpose Baking Mix
- 1 teaspoon baking powder
- 1/3 cup xylitol (or equivalent in stevia)
- 3 large egg whites
- 1 teaspoon vanilla

Directions

1. Preheat oven to 350F
2. Use nonstick muffin pan, or line tins with parchment paper.
3. Whisk together the Baking Mix, baking powder and xylitol. Set aside.
4. Using electric mixer, in a large bowl, beat the egg whites until peaks form (about 3 minutes). Add the vanilla.
5. With a spatula or wooden spoon, gently fold in 1/3 of the dry ingredients just until just blended. Repeat with remaining 2/3 dry ingredients.
6. Bake 18-22 minutes, until light golden brown. Cool for 15 minutes.

Portion: 2 muffins is a Phase 1 grain; 1 muffin is a Phase 3 grain.

For cacao muffins: Add 2 tablespoons cacao powder to the dry ingredients, and increase xylitol to 1/2 cup.



POMROY'S PANCAKES

MAKES 8 PANCAKES | PHASE 1 & PHASE 3

Ingredients

- 4 large egg whites
- 1 cup Pomroy's Multi-Purpose Baking Mix

Directions

1. Whip the egg whites until soft peaks form, 2 to 3 minutes.
2. Gently fold in the dry mix.
3. In a hot nonstick skillet, drop about 1/4 cup of the batter, and smooth out to make 3-inch pancakes. Cook until small bubbles appear and the underside of the pancake is a light golden brown.
4. Flip and cook for 1 more minute.

Portion: 2 pancakes is a Phase 1 grain; 1 pancake is a Phase 3 grain.

Phase 1 add-ins: Add 1/2 cup fresh berries to the batter.

Phase 3 add-ins: Add 1/2 cup chopped raw walnuts and/or berries.



OATMEAL NUT BUTTER COOKIES

MAKES 30 COOKIES | MAINTENANCE

Ingredients

- 1/3 cup raw nut butter (almond, cashew, etc.)
- 1 cup Pomroy's Multi-Purpose Baking Mix
- 1/3 cup unsweetened almond or coconut milk
- 2 tablespoons olive oil
- 1 teaspoon vanilla
- 3/4 cup xylitol
- 1/4 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/2 cup ground flax seed
- 1 cup oats (certified gluten free, if desired)
- 1/2 cup cacao nibs
- 1/2 chopped raw nuts

Directions

1. Preheat the oven to 425F
2. In a medium bowl, stir together the flour, baking soda, oats and salt.
3. In a stand mixer, or using a hand mixer, beat together the nut butter and olive oil. Beat in the coconut milk (almond milk) little by little to avoid splashing. Add vanilla and xylitol.
4. Stir in dry ingredients
5. Stir in the cacao nibs and chopped nuts. Your mixture will be thick and look sticky.
6. Drop by teaspoonful onto an ungreased jelly roll pan or cookie sheet.
7. Bake for about 8 minutes or until lightly browned on the bottom.

Variations: (1) Walnut butter, chopped walnuts and snipped dates.
(2) Cashew butter, unsweetened coconut flakes and cacao powder.
(3) Almond butter, chopped macadamias and diced apples.

Additional Recipes



Pumpkin Snickerdoodles

<https://hayliepomroy.com/pumpkin-snickerdoodles/>



Mixed Berry Cobbler

<https://hayliepomroy.com/mixed-berry-cobbler/>



Biscuits and Gravy

<https://hayliepomroy.com/biscuits-and-gravy/>



Sweet Fruit Crepes

<https://hayliepomroy.com/sweet-fruit-crepe/>



Gluten Free FMD Tortillas

<https://hayliepomroy.com/gluten-free-fast-metabolism-tortillas/>

Additional Support

Meet your daily companions... The Fast Metabolism Diet App!



The Fast Metabolism Diet App

The is the original app that has helped people lose over half a million pounds.

Features include:

- Customizable menu planning to fit your lifestyle and schedule
- Complete lists for all the foods and ingredients allowed in each phase of the diet
- Over 250 meals from the book and Fast Metabolism Diet Cookbook are selectable for easy planning.
- “My Day” tracker with upcoming meals and activities
- Interactive water tracker
- Email grocery lists to print or share
- Export your meal data for your records or for future use
- Tips and advice from Haylie to help you meet your goals

The 10-Day Fast Metabolism Cleanse Program



Looking to stimulate your metabolism, lose weight, stabilize cholesterol & lipids, regulate hormones, and increase energy?

Try my **10-Day Fast Metabolism Cleanse™**
It includes:

- Three tubs of Fast Metabolism Cleanse shake powder (42 total servings)
- One Metabolism Colon 60 capsules
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- FREE shaker bottle to prepare shakes on the go!

You can purchase this program at HayliePomroy.com