

METABOLISM SWEET COOKBOOK



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INTRODUCTION

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.

Haylie Pomroy's Metabolism Sweet is made with high-purity Stevia extract that come in 4 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.

- 100% All Natural
- Zero Glycemic Index value
- Allergen-Free
- Gluten Free

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

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



Metabolism Sweet/Stevia Conversion Chart

Sugar Amount	Metabolism Sweet Liquid Concentration	Equivalent Stevia Powdered Extract
1 Cup	1 Teaspoon	1 Teaspoon
1 Tablespoon	6 to 9 Drops	1/4 Teaspoon
1 Teaspoon	2 to 4 drops	A Pinch to 1/16th Teaspoon



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: 10 minutes | Total time: 10 minutes + freeze time

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 Caramel, 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 bread cubs. 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 Caramel, and serve.



Apple-Pineapple Crisp

PHASE 1 | Serves 4 | Prep time: 15 minutes | Total time: 55 minutes

Ingredients

Filling

- 3/4 cup water
- 30 drops Metabolism Sweet Original
- 2 cups diced pineapple
- 2 cups diced apple with skins
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon vanilla

Topping

- 1/4 cup water
- 30 drops Metabolism Sweet Original
- 2 cups rolled oats
- 1 teaspoon cinnamon

Directions

1. Preheat the oven to 375 degrees F.
2. For the filling, combine the water and Metabolism Sweet, and then stir it together with the rest of the filling ingredients. Pour the filling into an 8-inch baking dish.
3. For the topping, again combine the water and Metabolism sweet, and then stir in the rest of the topping ingredients. Spread the topping evenly over the filling, and press down lightly.
4. Bake for about 30 minutes, or until the topping is lightly browned. Let sit for 10 minutes before serving.



Cinnamon Breakfast Quinoa with Raspberries

PHASE 1 | Serves 1 | Prep time: 5 minutes | Total time: 25 minutes

Ingredients

- 1/2 cup rice milk
- 1/4 cup quinoa, rinsed well
- 1/8 teaspoon cinnamon
- 5 drops Metabolism Sweet Vanilla
- 1 cup raspberries

Directions

1. Combine the milk and quinoa in a small saucepan, and bring to a boil.
2. Reduce the heat, cover, and simmer 15 minutes.
3. Remove from heat and let it stand, covered, for 5 minutes.
4. Stir in the cinnamon and Metabolism Sweet, and top with berries.



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.



Coconut Whip with Cacao Strawberries

PHASE 3 | Serves 1 | Prep time: 5 minutes | Total time: 5 minutes + overnight 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.



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 Sweet 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 Cocktail

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.



Mocha Frappuccino

PHASE 3 | Serves 2 | Prep time: 5 minutes | Total time: 10minutes

Ingredients

- 2 cups ice-cold water
- 1 1/2 cups ice cubes
- 1/4 cup almond milk
- 2 tablespoons raw cacao powder
- 1 tablespoon Pero or Dandy Blend
- 1 tablespoon vanilla extract
- 14 drops Metabolism Sweet (any flavor)
- Pinch of sea salt
- Whipped coconut cream, coconut flakes or raw cashews for garnish (optional)

Directions

1. Blend all ingredients (except garnish) in blender until smooth.
2. Pour into two tall glasses and garnish with whipped coconut cream, coconut flakes, or raw cashews.



Berry-Coconut Mojito

PHASE 3 | Serves 1 | Prep time: 10 minutes | Total time: 10 minutes

Ingredients

- 1 handful raspberries and/or blackberries (Raspberries are Phase 3 only)
- 1 tablespoon mint leaves, extra for garnish
- 12 drops Metabolism Sweet Original
- 1 tablespoon fresh lime juice
- 1/2 cup coconut water
- Splash of sparkling ice water
- Lime wheels and/or berries for garnish

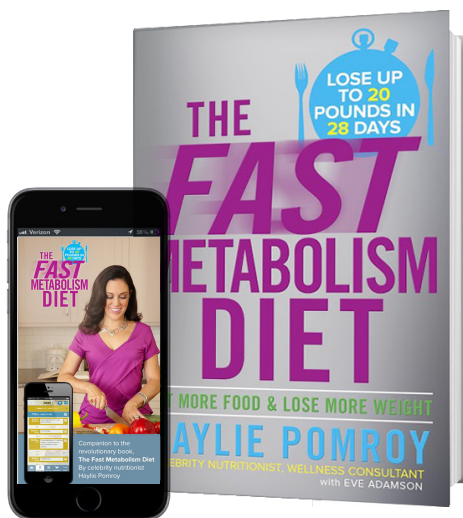
Directions

1. In a 12-ounce glass, use the back of a spoon to muddle (mash) the berries with the mint leaves and Metabolism Sweet, 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.

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- Interactive water tracker
- Email grocery lists to print or share
- Export your meal data for your records or for future use
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The Fast Metabolism Diet Quick Start Kit

Along with healthy, nutrient-rich foods, the Fast Metabolism Diet Quick Start Kit contains everything you need to maximize your success on the path to a better you with the fast metabolism diet. This program includes a 14-day Quick Start Program Digital Workbook to ignite your metabolism as described in the Fast Metabolism Diet book by Haylie Pomroy.



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