

 HAYLIE POMROY

FAST METABOLISM QUICK & EASY

Dessert and Snack Mix Cookbook



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I love cooking and baking for my family in ways that keep our metabolisms humming. That's why I've developed my Fast Metabolism Quick & Easy Dessert and Snack Mix. Made with good-for-you prebiotic fiber and protein-rich egg whites, you can make feel-good recipes that taste amazing but won't affect your blood sugar like standard desserts.

If you're following The Fast Metabolism Diet, you'll be happy to hear that my Dessert Mix can be used on all phases of my plan—so you can enjoy pudding, cake, and pancakes even on Phase 2! In fact, you can use this mix as a protein on any of my plans.

Use the Quick & Easy Dessert and Snack Mix to whip up no-bake puddings and frozen treats—they taste just like soft-serve! The Angel Cake is unbelievably light and delicious. What's more, it's easy to create your own flavors, just by adding extracts, citrus zest, or phase-specific fruits. Get creative!

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Pumpkin Chiffon Pie

Phase 1 and 3 | Serves 8 | Prep Time: 30 minutes | Total Time: 45 Minutes

Ingredients

Crust:

- 3 tablespoons Fast Metabolism Quick & Easy Dessert and Snack Mix
- 7 tablespoons pasteurized egg whites

Marshmallow topping:

- 2 tablespoons Fast Metabolism Quick & Easy Dessert and Snack Mix
- 2 tablespoons water
- 1 fresh egg white
- 1/4 teaspoon vanilla

Filling:

- 1/2 cup birch-based xylitol
- 1 cup canned pure pumpkin
- 1/2 cup Fast Metabolism Quick & Easy Dessert and Snack Mix
- 1/2 cup pasteurized egg whites
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon vanilla
- 1/4 teaspoon sea salt

Directions

1. Make the crust: Preheat the oven to 325 degrees F. Combine the crust ingredients in a large bowl. Whip with an electric mixer until thick. Spread this mixture into a nonstick or parchment-lined 9-inch pie plate. Bake 20 minutes, until light golden brown and dry to the touch. Remove from the oven and place on a wire rack. While the crust is still warm, press it down onto the bottom and sides of the pan (it will have puffed up a bit in the oven). Cool completely.
2. Meanwhile, make the filling: Whiz the xylitol in a blender to a fine powder. Combine it with the remaining filling ingredients in a large bowl. Whip with an electric mixer until thick. Spoon the filling into the cooled crust, and refrigerate.
3. Make the marshmallow topping: Preheat the broiler. Combine the topping ingredients in a mixing bowl. Whip with an electric mixer until shiny peaks form. Drop by heaping teaspoonful onto a parchment-lined baking sheet. Broil just until the marshmallows are golden. Top the pie with the toasted marshmallows, and serve.

Portions:

Serves 8 as a Phase 3 snack; serve with 1 tablespoon shredded coconut.
Can also be incorporated into Phase 1 of the Fast Metabolism Diet as a protein and vegetable.
May be used on any Burn or Food Rx program as a protein and vegetable.



Scallion Pancakes with Ginger Dipping Sauce

Phase 2 | Makes 2 Pancakes | Prep Time: minutes | Total Time: Minutes

Ingredients

Dipping sauce:

- 1 tablespoon minced scallions (green onions)
- 1 tablespoon tamari
- 1/2 tablespoon white balsamic vinegar
- 1/4 teaspoon minced fresh ginger
- 1/4 teaspoon crushed red pepper flakes
- 2 drops stevia

Scallion pancakes:

- 1/4 cup Fast Metabolism Quick & Easy Dessert and Snack Mix
- 1 1/2 tablespoons pasteurized egg whites
- 2 1/2 tablespoons water
- 1/8 teaspoon sea salt
- 1/2 cup minced scallions (green onions)

Directions

1. Make the dipping sauce: Whisk together all of the sauce ingredients in a small bowl.
2. Make the pancakes: Combine the first four ingredients in a mixing bowl and beat until the consistency of a spreadable batter, about 2 minutes. Stir in the scallions.
3. In a nonstick skillet over medium heat, spoon 1/4 cup of the mixture into the pan and spread with a spoon to about 1/4" thickness (about 7 inches in diameter). Cook until the bottom edges turn golden, then flip to cook other side. Repeat with remaining batter. Cut the scallion pancakes into wedges, and serve with the dipping sauce.

Portions:

Serves 1 as a Phase 2 meal protein.

Serves 2 as a Phase 2 protein snack.

Can be incorporated on other Fast Metabolism Diet Phases as a protein.

May be used on any Burn or Food Rx program as a protein.



Bacon “n” Pancakes Breakfast Sandwich

Phase 2 | Serves 1 | Prep time: 5 minutes | Total time: 15 minutes

Ingredients

Sandwich:

- 3 ounces fresh chopped or baby spinach (about 3 cups packed)
- Pinch each of sea salt, black pepper, and ground nutmeg
- 4 ounces nitrate-free turkey bacon, cooked (about 3 strips)
- 1 recipe Griddle Cakes

Griddle Cakes:

- 1/4 cup Fast Metabolism Quick & Easy Dessert and Snack Mix
- 1 1/2 tablespoons pasteurized egg whites
- 2 1/2 tablespoons water
- 1/2 teaspoon cinnamon

Directions

1. Heat a nonstick skillet over medium-low heat.
2. Add the spinach, sea salt, pepper, and nutmeg, and saut just until the spinach wilts, about 30 seconds. Sandwich the sauted spinach and bacon between the pancakes, and serve.
3. For the Griddle Cakes, combine all ingredients in a mixing bowl and beat until the consistency of a spreadable batter, about 2 minutes.
4. In a nonstick skillet over medium heat, spoon 1/4 cup of the mixture into the pan and spread with a spoon to about 1/4” thickness (about 7 inches in diameter). Cook until the bottom edges turn golden, then flip to cook the other side. Repeat with remaining batter.

Portions:

Serves 1 as a complete Phase 2 meal.

Serves 2 as a Phase 2 protein and vegetable snack.

Can be incorporated on other Fast Metabolism Diet Phases as a protein and vegetable.

May be used on the I-Burn and D-Burn, or any Food Rx program as a protein and vegetable.



Rhubarb Shortcakes

Phase 2 | Makes 8 shortcakes | Prep Time: 30 minutes | Total Time: 35 Minutes

Ingredients

Shortcakes:

8 raw egg whites
Zest of 1 large lemon
1/2 cup Fast Metabolism Quick & Easy Dessert
and Snack Mix

Filling:

1 pound fresh rhubarb, cut in 1/2-inch pieces
(about 2 2/3 cups)
2/3 cup birch-based xylitol
1 tablespoon plus 1 teaspoon fresh lemon juice
Powdered xylitol for sprinkling (optional)*

Directions

1. Make the shortcakes: Preheat the oven to 325 degrees F. Combine the egg whites and lemon zest in a large mixing bowl, and whip with an electric mixer until the whites hold stiff peaks. Fold in the Dessert and Snack Mix one tablespoon at a time. Drop in 8 equal mounds on a parchment-lined baking sheet (do two batches, if necessary). Bake 20 minutes, until golden brown. Do not underbake. Remove the pan from the oven, and place it on a wire rack. Cool completely.
2. Meanwhile, make the filling: Combine the filling ingredients in heavy 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. (The filling can be served warm, chilled, or at room temperature.)
3. Assemble the shortcakes: Slice the cooled shortcakes in half horizontally. Spread 1/4 cup of filling on each bottom half, and replace the top. Sift powdered xylitol over the top, if you like.
4. *Whiz 3 to 4 tablespoons xylitol in a blender for 1 minute, then measure and use this like powdered sugar.

Portions:

Serves 8 as a Phase 2 protein and vegetable snack.

Serves 4 as a Phase 2 meal protein and vegetable (including breakfast).

Can be incorporated on other Fast Metabolism Diet Phases as a protein and vegetable.

May be used on any Food Rx program as a protein and vegetable.



Fast Metabolism Mini Cinnamon Rolls

All Phases | Serves 1 | Prep time: 10 minutes | Total time: 10 minutes

Ingredients

Rolls:

- 3 tablespoons Fast Metabolism Quick & Easy Dessert and Snack Mix
- 3 tablespoons water
- 2 tablespoons pasteurized egg whites

Glaze:

- 1 tablespoon powdered xylitol*
- 1/2 teaspoon water

Filling:

- 1/4 cup Fast Metabolism Quick & Easy Dessert and Snack Mix
- 1 tablespoon water
- 1 1/2 teaspoons cinnamon
- 1/8 teaspoon vanilla

Directions

1. Make the rolls: Combine the roll ingredients in a mixing bowl and beat with an electric mixer to the consistency of a spreadable batter, about 2 minutes.
2. Heat a large nonstick skillet over medium-low heat. Spread the batter in the pan in a large square or rectangle. Cook until the edges turn golden, then flip to cook the other side. Remove from the pan and cool on a piece of parchment.
3. Make the filling: Combine the filling ingredients in a small bowl. Spread evenly over the cooled cake. Starting with a long side, roll up and slice into 4 rounds.
4. For the optional glaze: Whisk together the glaze ingredients (add 1/2 teaspoon water to thin, if needed). Drizzle the glaze over the cinnamon rolls.
5. *Whiz 3 to 4 tablespoons xylitol in a blender for 1 minute, then measure and use this like powdered sugar.

Portions:

- 2 rolls are a Phase 2 protein snack.
- 4 rolls are a Phase 2 meal protein (including breakfast).
- Can be incorporated on other Fast Metabolism Diet Phases as a protein.
- May be used on any Burn or Food Rx program as a protein.



Lemon Meringue Pie

Phase 2 | Makes 1 Pie | Prep Time: 30 minutes | Total Time: 45 Minutes

Ingredients

Crust:

- 3 tablespoons Fast Metabolism Quick & Easy Dessert and Snack Mix
- 7 tablespoons liquid egg whites

Meringue:

- 4 large fresh egg whites
- 1/4 teaspoon cream of tartar
- 1/2 cup Fast Metabolism Quick & Easy Dessert and Snack Mix

Filling:

- 1/3 cup birch xylitol
- 1 cup Fast Metabolism Quick & Easy Dessert and Snack Mix
- 6 tablespoons liquid egg whites
- 1/3 cup fresh lemon juice
- Zest of 1 large lemon

Directions

1. Make the crust: Preheat the oven to 325 degrees F. Combine the crust ingredients in a large bowl. Whip with an electric mixer until thick. Spread this mixture into a nonstick or parchment-lined 9-inch pie plate. Bake 25 minutes, until golden brown and dry to the touch. Remove from the oven and place on a wire rack. While the crust is still warm, press it down onto the bottom and sides of the pan (it will have puffed up a bit in the oven). Cool completely.
2. Meanwhile, make the filling: Whiz the xylitol in a blender to a fine powder. Combine it with the remaining filling ingredients in a large bowl. Whip with an electric mixer until thick. Spoon the filling into the cooled crust.
3. Make the meringue: Increase oven temperature to 350 degrees F. Combine the egg whites and cream of tartar in a large bowl. Whip with an electric mixer until the mixture holds soft peaks. Gradually beat in the Dessert and Snack Mix, just until the mixture holds stiff peaks. Spread the meringue over the pie filling. Bake 10 minutes, or until the meringue is golden brown.

Portions:

- Serves 12 as a Phase 2 protein snack.
- Serves 6 as a Phase 2 meal protein (including breakfast).
- Can be incorporated on other Fast Metabolism Diet Phases as a protein.
- May be used on any Burn or Food Rx program as a protein.



Egnog Pudding

Phase 2 | Makes about 2 cups | Prep time: 10 minutes | Total time: 10 minutes

Ingredients

pudding:

1/2 cup Fast Metabolism Quick & Easy Dessert and Snack Mix
3 tablespoons pasteurized egg whites
3 tablespoons water
2 teaspoons cacao
1/2 teaspoon vanilla extract
1/8 teaspoon nutmeg
Pinch of ground cinnamon

Meringue topping:

1 tablespoon Fast Metabolism Quick & Easy Dessert and Snack Mix
3 tablespoons pasteurized egg whites

Directions

1. Make the meringue topping: Combine the meringue ingredients in a mixing bowl. Whip with an electric mixer until the mixture holds stiff peaks.
2. Make the pudding: Combine the pudding ingredients in a mixing bowl and beat with an electric mixer until desired texture, about 2-3 minutes for a mousse.
3. Spoon the mixture into 4 dessert cups. Top each with a dollop of meringue. Place under the broiler (make sure to use oven-safe cups) for about 1 minute to brown the meringue (or brown with a kitchen torch). Refrigerate leftovers.

Portions:

Makes 4 servings (about 1/2 cup per serving) as a Phase 2 protein snack.

Makes 2 servings (about 1 cup per serving) as a Phase 2 meal protein (including breakfast).

Can be incorporated on other Fast Metabolism Diet Phases as a protein.

May be used on any Burn or Food Rx program.



Almond Meringue Cookies

Phase 2 | Makes 16 Cookies | Prep Time: 15 minutes | Total Time: 45 Minutes

Ingredients

- 2 raw egg whites
- 1/4 cup water
- 1/4 cup Fast Metabolism Quick & Easy Dessert and Snack Mix
- 3/4 teaspoon almond extract

Directions

1. Preheat the oven to 275 degrees F.
2. Combine all ingredients in a mixing bowl and beat with an electric mixer until soft peaks form.
3. Drop into puffy, peaked mounds (about 2 1/2 inches in diameter) on a parchment-lined baking sheet. Bake for 45 minutes. Turn off oven and let cool. Cookies should be crisp and light. Serve immediately to keep crispness. Store leftovers in an airtight container.

Portions:

8 cookies are a Phase 2 protein snack.
Can be incorporated on other Fast Metabolism Diet Phases as a protein snack.
May be used on any Burn or Food Rx program.



Frozen Lime Mousse

Phase 2 | Makes about 1 1/2 cups | Prep time: 5 minutes | Total time: 2 hours

Ingredients

- 1/2 cup Fast Metabolism Quick & Easy Dessert and Snack Mix
- 3 tablespoons pasteurized egg whites
- 3 tablespoons water
- Grated zest of 1/2 lime
- 1/2 teaspoon vanilla extract

Directions

1. Combine all ingredients in a mixing bowl and beat with an electric mixer until desired texture, about 2-3 minutes for a mousse.
2. Makes 1 1/2 to 2 cups, depending on how much you beat it. Freeze for at least two hours.

Portions:

Makes 2 servings (about 3/4 cup per serving) as a Phase 2 protein snack.
Makes 1 serving as a Phase 2 meal protein (including breakfast).
Can be incorporated on other Fast Metabolism Diet Phases as a protein.
May be used on any Burn or Food Rx program.



Chocolate Pudding with Cacao Nibs

Phase 2 | Makes about 1 1/2 cups | Prep Time: 5 minutes | Total Time: 5 Minutes

Ingredients

1/2 cup Fast Metabolism Quick & Easy Dessert and Snack Mix
3 tablespoons pasteurized egg whites
3 tablespoons water
3 teaspoons cacao powder
1/2 teaspoon vanilla extract
Liquid stevia (optional)
Cacao nibs

Directions

1. Combine all ingredients in a mixing bowl and beat with an electric mixer until desired texture, about 2-3 minutes for a mousse. Taste, and add a few drops of liquid stevia if you like it sweeter.
2. Makes 1 1/2 to 2 cups, depending on how much you beat it. Sprinkle with cacao nibs, and serve. Refrigerate leftovers.

*Tip: Also tastes great frozen!

Portions:

Makes 2 servings (about 3/4 cup per serving) as a Phase 2 protein snack.
Makes 1 serving as a Phase 2 meal protein (including breakfast).
Can be incorporated on other Fast Metabolism Diet Phases as a protein.
May be used on any Burn or Food Rx program.



Lemon Angel Cake

All Phases | Serves 8 | Prep time: 15 minutes | Cook time: 50 minutes

Ingredients

8 raw egg whites
Zest of 1 large lemon
1/2 cup Fast Metabolism Quick & Easy Dessert and Snack Mix

Glaze (optional):

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

Directions

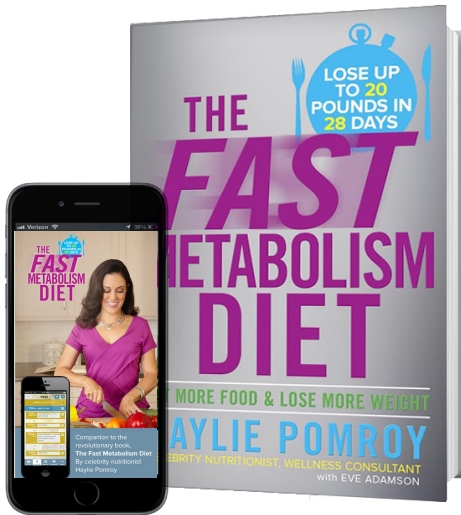
1. Preheat the oven to 325 degrees F. Line a 9-by-5-inch loaf pan with parchment paper.
2. In a large mixing bowl, combine the egg whites and lemon zest, and whip with an electric mixer until the whites hold stiff peaks.
3. Fold in the Dessert and Snack Mix one tablespoon at a time. Pour into the prepared loaf pan and bake for 50 minutes. Cool completely on a wire rack before cutting with a serrated knife.
4. For the optional glaze: Whisk together the glaze ingredients (add 1/2 teaspoon water to thin, if needed).
5. Drizzle the glaze over the cooled cake.
6. *Whiz 3 to 4 tablespoons xylitol in a blender for 1 minute, then measure and use this like powdered sugar.

Portions:

Makes 8 servings as a Phase 2 protein snack.
Makes 4 servings for a Phase 2 meal protein (including breakfast).
Can be incorporated on other Fast Metabolism Diet Phases as a protein.
May be used on any Burn or Food Rx program.

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:

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- One Metabolism Colon 60 capsules
- Fast Metabolism Cleanse Program E-Book including recipes, food lists, FAQs, tips and more (delivered by email in your order confirmation).
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