



Food With Benefits

Holiday Comfort Food Hacks



**Midnight Ahh-Maze-Mint
Chocolate Mousse**

**Relishing Orange
Kissed Cranberries**

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Java Jing Nog



Midnight Ahh-Maze-Mint

Chocolate Mousse

There is winter immunity booster secret hiding in this dessert. The fat in coconut is 50% lauric acid, which is converted in the body into the powerful antimicrobial active form called monolaurin. Coconut is the richest natural source of lauric acid after mother's milk. Chocolate contains the stress protective mineral magnesium, as well as numerous neurotransmitters like "the love molecule" PEA, which help to stave off the winter blues and put your heart into the holiday spirit. You can Sling this mousse with or without the mint. To put more Jing in your jingle, add any of the Jing It Up options, and add additional sweetness accordingly.

Gather Up

3 cups (750ml) Coconut Cream, chilled overnight
¼ cup (30g) Cacao Powder, sifted well
½ tsp Vanilla Stevia
1 tsp Chocolate Stevia
2-3 TB Xylitol Powder, to taste
3-4 drops Peppermint Essential Oil

Jing It Up

1 tsp Pearl Powder
1 tsp Maca Powder
½ tsp Astragalus Powder
½ tsp Chaga Powder, sifted

Sling It Up

Chill 3 cans of full-fat coconut milk in the refrigerator overnight. Scoop out the coconut cream from the top of the can, putting it directly into your stand mixer with a whisk attachment or into a chilled bowl to use with a hand mixer. Whip until it expands and has soft peaks, about 2-3 minutes. Stop the mixer, scrape down the side with a spatula and sift in the remaining powdered ingredients as well as the liquid stevia. Continue to whip until well incorporated, adding one drop of mint at a time while it is whipping, to taste. Careful! A light touch is uber important, a little of the mint goes a long way!

Scoop all of the mousse into a piping bag, fitted with a 1M tip, and place the bag in the refrigerator to firm up, for 5-10 minutes. Pipe as shown, into champagne glasses, layer it with coconut whipped cream, or top your favorite dessert. The New Year just got brighter!

Relishing Orange Kissed Cranberries

This immunity booster is citrusy, sweet and tart can be enjoyed as a refreshing appetizer in shot glasses or as a side for your New Year's Eve dinner. Its versatility does not stop there, it is also amazing on muffins, pancakes and waffles, for New Year's Day. Cranberries are rich in a number of beneficial compounds, including proanthocyanidins, and have been shown to have numerous benefits, including use against UTIs, and multiple effective pathways against mutagenic cells. Sling it with Pearl and Pure Radiance for that "wow she glows!" skin.

Gather Up

5 cups (500g) Cranberries, fresh or frozen
Juice and Whole Sections from 2 large Oranges
(peeled & seeded)
Zest from 1 large Orange
2-3 TB Xylitol Powder (or Honey), to taste
½ tsp Vanilla Stevia

Jing It Up

2 tsp Pearl Powder
1 tsp Pure Radiance
1 tsp Arnox Advantage
2 TB Goji Berries, soaked & plumped

Sling It Up

Rinse the cranberries, drain and throw them into your blender/food processor. Set aside ¼ of the orange zest and place the rest of the ingredients including any Jing It Up options into your blender/ food processor. Pulse to your desired consistency. Some people will like this chunky, we prefer it (as shown) smoother. Taste it and tweak the sweetness with added xylitol if desired.

Serve in individual shot glasses for a delightful shooter or in martini glasses as a full-on appetizer/ first course. Garnish with a sprinkle of the remaining orange zest and with your choice of walnuts, pistachios and orange peel.





Butternut Blissque

Butternut squash is a rich source of antioxidants, including the ocular antioxidants, zeaxanthin and lutein, as well as immune system supporting antioxidants such as beta-cryptoxanthin and alpha carotene. The addition of curry powder to this soup, which is a virtual medicine cabinet all on its own, makes this a stellar soup for protection in the winter months.

Jing It Up with optional fortification with bone broth, or astragalus powder and you are cranking on all cylinders. It is excellent with our Sweet Potato Naan (see FWB Cookbook) as a gluten-free, grain-free side kick.

Gather Up

2 cups (500g) Butternut Squash
(fresh or frozen), cubed
1½ cup (375ml) Water
3 cups (750ml) Coconut Milk
2 tsp Yellow Curry Powder
1 tsp Black Truffle Salt or Sea Salt
1 tsp Black Pepper
1 tsp Garlic Granules
½ tsp Ginger Powder (or freshly grated)
Arugula Sprouts (optional garnish)

Jing It Up

2 TB Ghee
1 cup (250ml) Bone Both (bison, beef, chicken)
in place of 1 cup of the Water
1 tsp Maca Powder
1 tsp Astragalus
2 TB Collagen Powder

Slings It Up

Add all ingredients, except for the optional garnish into your blender or food processor. Blend until smooth. Add additional salt and pepper to taste.

Pour the blended soup into a sauce pan on the stove and simmer on medium heat for about 30 minutes. Thin with additional coconut milk and water if a thinner consistency is desired.

(optional, as pictured) Serve with a swirl of pumpkin seed oil and coconut milk on top, and garnish with arugula sprouts.

Gather Up

2 cups (250g) Cassava Flour
3 tsp Baking Powder
½ tsp Baking Soda
½ tsp Sea Salt

¼ cup (60g) Ghee or SuperFood
Shortening, chilled hard
1 cup (250ml) Coconut Milk
1 TB Lemon Juice

Slings It Sweet

½ tsp Vanilla Stevia
½ tsp Cinnamon Powder
1 TB Xylitol Powder

Slings It Savory

2 tsp Chopped Rosemary,
leaves no stems
½ tsp Black Pepper

Jing It Up

1 TB SugaVida

Jing It Up

1 tsp Astragalus

Slings It Up

Preheat the oven to 450°F/232°C . Measure the ghee or SuperFood Shortening and place in refrigerator to chill hard. In a small bowl, mix the coconut milk and the lemon juice together and set aside.

In a separate bowl, mix all the dry ingredients together until well blended. Next, cut in the chilled ghee or SuperFood Shortening into the dry mix with a fork, a pastry cutter or your fingers until it looks like beach sand and the ghee/shortening is well distributed. If Slings this sweet, add the vanilla stevia to the coconut milk/lemon juice mixture now.

Make a cup-like dent in the center of the flour mixture. Add the coconut milk/lemon juice mixture a little at a time while stirring, until you get a well-combined sticky dough.

Turn out the dough on a flat, floured surface and fold the dough in half once, then in half again, do this 3-4 more times. There is no need to knead this dough hard. ;-)

Gently form into a 1-inch thick round.

Cut into biscuits with a biscuit or cookie cutter, or you can use a thin-edged water glass. Arrange on a parchment-lined sheet pan, so that they are all snuggled together, barely touching. Brush with additional ghee/shortening.

Place in the middle of the center rack of the oven for 10-15 minutes, until puffed, golden and firm to the touch. Serve hot or room temperature. These freeze well in a sealed container and can be reheated in the oven or toaster oven the next time you are going to enjoy them.

30 Minute Bisquickies





Java Jing Nog

JingSlinger Java Jing Nog gives you just the right amount of energy to count down to the New Year. If you aren't feeling the coffee, you can always leave it out and you will be delightfully left with a classic holiday nog that you can top with nutmeg. If you want to sling this Paleo, add some growth factors with the traditional, anabolic egg yolks.

Gather Up

- 3 cups (750ml) full-fat Coconut Milk
- 1 ¼ cups (310ml) freshly brewed, chilled Coffee
- 1 cup (250ml) Coconut Cream, chilled
- 1 tsp Vanilla Stevia
- ½ tsp Vanilla Extract
- 3 TB Xylitol Powder
- 1 TB Coffee Beans, ground (optional garnish)
- 1 TB Xylitol Crystals (optional garnish)
- A sprinkle of Cinnamon per cup (optional garnish)
- JingSlinger Chocolate Sauce (optional garnish - see FWB cookbook)

Jing It Up

- 2 tsp Pearl Powder
- 2 tsp Astragalus Powder
- ¼ tsp Vanilla Bean Powder
(in place of the Vanilla Extract)
- 3 Raw Egg Yolks,
separated from the whites
- 1 TB Collagen Powder
- 2 TB Colostrum Powder
- 1 tsp – 1 TB MCT Oil

Sling It Up

Chill one can of full-fat coconut milk in the refrigerator overnight. Scoop out the coconut cream from the top of the can, adding one cup to your blender. Add all of your remaining ingredients, except for the optional garnishes. Blend on high speed for 30 seconds. Taste and add additional sweetener if desired.

To rim the glass as pictured, dip the lip of the glass into the melted JingSlinger Chocolate Sauce, then into a shallow dish, in which you have mixed the xylitol crystals and ground coffee beans, until the lip is evenly coated.