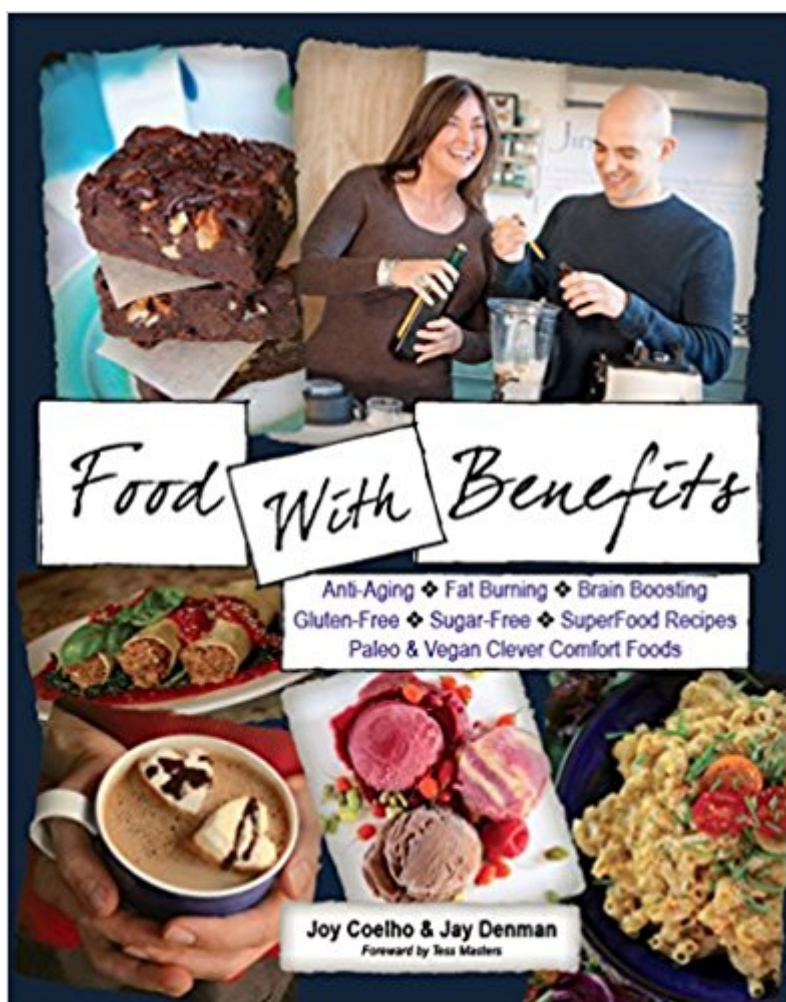


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# Food With Benefits: The JingSlingers' Delicious And Game-Changing Organic SuperFood Recipes Of Gluten-Free & Sugar-Free, Paleo, Vegan & Omnivore Comfort Foods





## Synopsis

Eat, Drink & Glow with Clever Comfort Food... Joy and Jay's philosophy that "Everyone Is Welcome at Our Table" is no small culinary feat. These "Food with Benefits" recipes allow you to enjoy Sugar-Free, Gluten-Free Desserts and Comfort Foods that have nutrient dense SuperFood support. This is evolved eating. Do you need a pizza crust, flatbread or wrap that is Grain-Free, Gluten-Free, Sugar-Free, Dairy-Free and Soy-Free that you can whip up in minutes? Then you are holding the right cookbook! You now have three ways to do just that, with their "Sweet Potato Naan," "Quick Coconut FlatBread," and "JingSlinger Blender Bread." Fat-Burning Chocolate, Anti-Aging CrÃfÂme BrÃfÂlÃfÂ©e and even their brain boosting "Into the Blue" Smoothie gives your game an everyday upgrade. "Miso Yin" Soup and "Charmed Chili" bring the powerful forces of Nature and a new level of nutrition to your plate and your platelets. Anti-Aging is set into motion with your nutrition, it is time to change your "Relationship" with food and finally have an "Elationship" with your food. This book was designed for you to play with your food. Every recipe can be paired, served or layered with several other recipes to mix and match. The possibilities are endless. Even Better News! These recipes have no curfew, everything is fair-game for Breakfast, Lunch or Dinner, especially the desserts. Now the Food You Love, Can Love You Back!

## Book Information

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## Customer Reviews

"...I'm always floored to find out what I just devoured was dairy-free, gluten-free, SUGAR-FREE and has more vitamins, minerals and nutrients than an 8 course meal served by

Mother Nature herself. Totally satisfied without feeling full. Do yourself a glorious flavor and commit to enriching your mind, body, and soul with Joy and Jay's life-changing recipe gems!"- STEVEN TYLER, Aerosmith Lead Singer, Grammy Award Winning Artist & Rock Music Legend "If you haven't tried the magical creations that the JingSlingers know how to make, you owe it to yourself to try it. Their ability to put together the right flavors and the right super high quality ingredients, to make things that are out of this world... it's amazing what they can do! So I recommend you give it a try."- DAVE ASPREY, CEO & Founder, Bulletproof Executive "Your SuperHero Protocol completely transformed my mind, body and soul. You have taught me how to heal myself with foods and herbs, and I couldn't be more grateful. Because of you, I am blessed to have learned so many creative ways to include nutrient-dense SuperFoods into everyday meals for my whole family to really thrive."- STACY KEIBLER, Mom, Actor, Health Advocate & Entrepreneur "The JingSlingers have successfully created a unique, signature flavor profile that can only be described as transcendent and revelatory. From sweet to savory foods, tonics, and elixirs - they are masters of creating healthy, familiar comfort food recipes that you can't believe are actually good for you! They infuse all of their creations with passion, heart, intention and boundless creativity. I always leave their table feeling elevated, elated and totally connected to my inner child. "Food With Benefits" is the ultimate culmination of their wellness wisdom, world-class culinary prowess and collective ethos to heal the world. This book is a powerful tool to create more joy, health, happiness and satisfaction in your life!"- JASON WROBEL, Celebrity Vegan Chef, Author & host of "How to Live to 100" on Cooking Channel "This is no cookbook, this is a masterpiece of culinary alchemy! With every bite and every sip your body will transform, your mind will awaken and your life will be changed forever. Joy and Jay have just JingSmacked your taste buds with love!" - Dr. GEORGE LAMOUREUX, Founder & CEO, Jing Herbs

I purchased this recipe book to be inspired. And, WOW! It delivered. It was so much more than I expected. It's written so well that you truly 'get a taste' of what these culinary artists and insanely knowledgeable super-hero "nutritional biochemistry science geeks" are up to. Tuning up your favorite foods so they taste amazing while delivering nutrients to your body and soul. The best part is learning that desserts can be healthy and fortifying by switching up the ingredients (and they provide all the details on how to make it happen in your kitchen). I enjoyed learning more about the ancient wisdom of foods which is cornerstone to their approach to nutrition and meals. I'm a flexitarian, consuming organic, gmo-free foods and avoiding wheat, sugar (and often dairy) so this book was a perfect fit. That said,

there's so much to learn and explore about food so this how-to, recipe book is a great fit no matter where you're at in your food and health exploration. The chapter called, "The Sweet Life," was incredibly useful listing and explaining the seven most popular non-refined-sugar sweeteners. I particularly got excited by this and started making SuperFood Ice Cream. It's crazy how you can easily (with a high-speed blender) make some of the most satisfying sweet ice cream with not a lot of effort. I can't wait to share these guilt-free treats with my mother who needs to control her diabetes. It's awe-inspiring what these innovators have done with food and the gorgeous photographs are proof. I've more to explore in this wonder of a book but I absolutely recommend it. It's totally upped my game and brought creativity into my kitchen. I can't wait to play more with recipes and impress my friends and family.

Wonderfully researched book with a vast wealth of superfood knowledge included! These recipes are fantastic and adaptable to many dietary preferences. I've had it just a few weeks so I've only tried a few recipes so far, but it's intrigued several house guests to read and even take notes. There is investment involved though; many recipes include very specialty ingredients. I can't wait to try more recipes and am really enjoying variations on their gelato this hot summer. Also, their personal stories were definitely compelling and they seem very passionate about spreading their health knowledge. This cookbook is something I kept in my cart for a long time, but I'm glad I eventually purchased it.

This is a beautiful book across the board. It is appealing to the eye and far beyond a cook book. We were able to learn about new healthy ingredients and search them out online. We have our stash set up now and are able to feed ourselves with benefits. The foods are not just healthy, they actually have additional benefits. We have worked to teach our children about healthy food and we have all cooked together with this book. It is very satisfying to eat "treats" and know they are healthy for my kids. I still have a lot to learn about cooking and this book has inspired me! If you get a chance to hear the JingSlingers speak they are amazing in person as well.

I ordered this book because I will have a friend visiting who follows a gluten-free, sugar-free diet, both foreign concepts to me. This is the most beautifully presented cookbook I have ever seen. It makes me want to try every recipe....and I live as though carbs are the biggest part of the food

pyramid! Joy and Jay have a convert here. You could buy this book just for the photos and be thrilled with it.

What a fantastic resource! I haven't been able to find all of the ingredients here in Tasmania Australia, but I'm enjoying experimenting with as many super foods as I can get my hands on.

It is gorgeous, has amazing, creative recipes, and I especially love how it gives information with each one, about it's life giving properties! It's very interesting to read! I also love the glossy pages. I accidentally spilled something on it the first day I had it, and it just wiped right off. But, this book, I'm treating like gold. I love it.

If only for the recipe for their magic sleeping potion, this is worth it! Though many of the recipes require ingredients you may need to order on-line ('lest you live in a big city with ethnic markets), the flavors and the textures are wonderful. And the authors have a list of where to buy the ingredients as well as substitutes and ways to make all sorts of flavor changes. It is quite an interesting and, to me (I am on a restricted list of foods), an invaluable resource.

Beautiful Photos and balanced ideas.

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