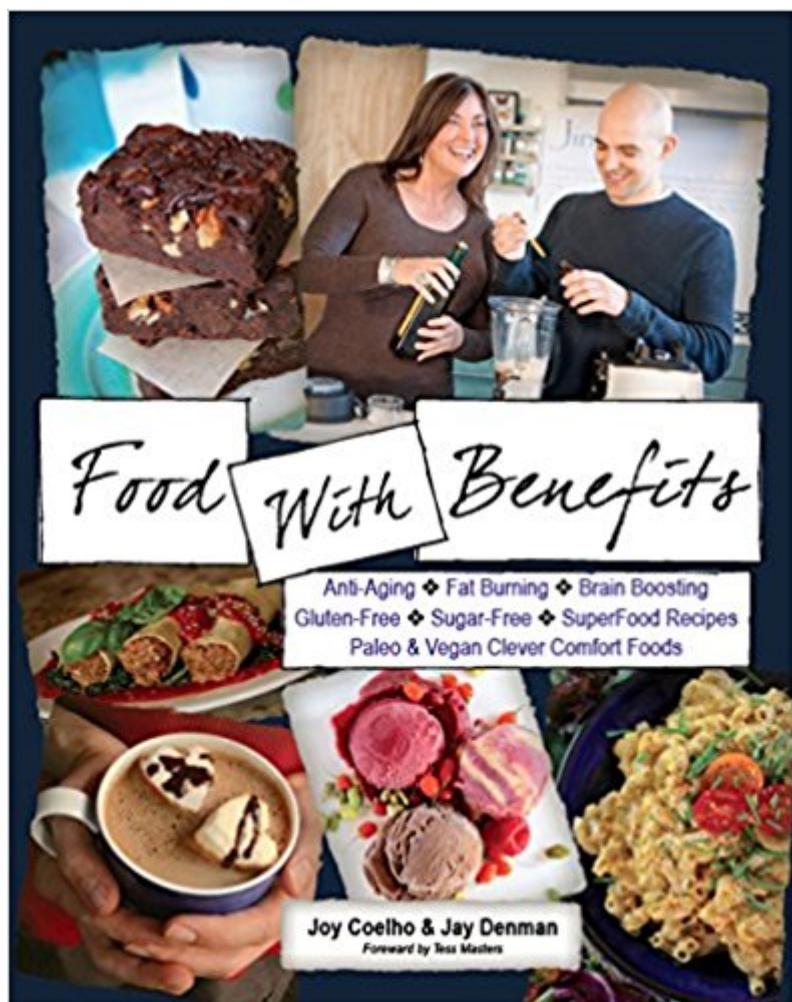


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# Food With Benefits: The JingSlingers' Delicious And Game-Changing Organic SuperFood Recipes Of Gluten-Free & Sugar-Free, Paleo, Vegan & Omnivore Comfort Foods



## 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 Crème Brûlée 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 discovered these two geniuses at a time when I was feeling hopeless about my son's health. He had just turned 15 and had been so sick for months that he had stopped going to school (a former

straight A student) and quit his childhood passion of competitive hockey. Being a Boulder, Colorado family, we have many wonderful resources at our disposal. Excellent MD's, nutritionists, some of the best alternative care practitioners in the world but no one could help my son. He was sliding backwards quickly, losing weight, lethargic and couldn't get off the couch. When I saw Jay and Joy present much of the information in this cookbook, the tears of relief streamed down my cheeks. I knew I had found masters of their craft and I was certain their superhero approach to regular food would help our family. One of our major problems had been that no matter how much cajoling I did, I couldn't get my son off dairy or gluten. Ha, until he tried Jay and Joy's recipes. Their donuts are ridiculous. Seriously. They are so good and when you see how healthy they are, you will be shocked. Another problem was that there is so much dang confusion about food these days. As a mom, I couldn't figure out which type of diet to follow and it all seemed so hard. Food With Benefits has gone a long way towards fixing my confusion and I LOVE making the recipes. Now I know how to make my son's favorite foods (many of the recipes are in the book) and then I "sling" them with Jay and Joy's guidance. Gone are the days of us taking 30 supplements a day because our actual food is Super Hero Food. Hallelujah. As for my son's health, he has made a huge positive swing. Now, instead of laying on the couch, he wants me to wrestle or play football. I always be grateful to Jay and Joy and their total rock star approach to food. This will be one of the best investments you've ever made toward your health and toward your food "happy place". I promise.

This book was SO much more than I was anticipating. It's hard to really put into words all you get with this book... I backed Food with Benefits as a Kickstarter campaign because I was intrigued by the concept of a cookbook that gave variations on recipes, so people with different dietary restrictions could make each recipe to suit their needs without having to scour the internet for suitable alternatives. Not only does this book deliver unbelievably delicious and creative recipes that you're not going to find anywhere else, Jay and Joy include lots of information on the foods/superfoods/superherbs used in the recipes and why they are so good for you - so it's a well-laid out reference tool in addition to being a cookbook. Suitable for both the newbie cook, and the advanced cook, you'll find recipes in this book you've never seen anywhere else, and that really impressed me. It seems like most cookbooks and recipe sites all take the same basic recipes and just twist the ingredients a bit. Not here. These recipes are cutting-edge, delicious, and creative. From desserts to main dishes, this cookbook runs the gamut. And the pictures... whoa. Droolworthy and gorgeous, this book delivers everything it says it will and more. You will NOT be disappointed. (Can we discuss ice cream that burns fat and gives my cells longer life? Beautifying panna cotta?)

Bisque for brain health? Um, yes please!) You NEED this book! It brings the fun and taste back to gluten free, sugar free, dairy free, and grain free in a way I never thought possible. YUM-o!

I got Jay and Joy's book on Kickstarter and couldn't wait to dive in and make the recipes, especially for my son, because we have trouble getting him to eat healthy. We've made the Potato Nann (did a double batch and it was gone in a few days for breakfast burritos), cake batters (OMG), Charmed Chili (for a party and people couldn't believe how good it was), ice creams (amazing to eat sugar free and dairy free ice cream), I could go on, in just a few weeks I think we've done half the book and can't wait to try everything. What I LOVE most is that all the recipes are sugar free, gluten free and have vegan/vegetarian options. So everyone is welcome at the table. Every page is created with love and using eco-friendly inks. Many of my clients have benefited from these recipes from getting healthier, boosting libido, overcoming major health challenges, losing weight and more - these comfort foods are life changers and they taste incredible. My clients couldn't wait until this book came out, asking me for months, "Is it here yet?" and I'm happy to say that not only is it here, but it's here and it's amazing! Thank you Jay and Joy for sharing your delicious and health boosting recipes with the world!

The food is amazing, these recipes are so wonderful. The food makes you feel so much better with their help and these recipes I lost 50lbs. If you are looking for good food that is healthy for you this is the one book you should get.

This book is the future of food. Decadent, delicious, simple, recipes that empower, nourish the body and make you feel sexy and alive. No midday slump, or weight gain. Perfect for people with illnesses and those who simply want to feel amazing AND love their food. Congrats Joy and Jay on such a huge achievement on the leading edge. LOVE!

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.

The JingSlingers, Joy Coelho and Jay Denman, go beyond changing your life — they are life

savers!!! And Food With Benefits is only the beginning. By following their lead, and delicious recipes, we immediately detoxed, lost weight, gained vitality and energized as if we were kids again. All while eating foods that taste out of this world! We HIGHLY recommend them and their book. Enjoy!!!

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