



Food With Benefits: The JingSlings' Delicious and Game-Changing Organic SuperFood Recipes of Gluten-Free & Sugar-Free, Paleo, Vegan & Omnivore Comfort Foods

Joy Coelho, Jay Denman

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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!

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