



JJ VIRGIN

BERRY WONDERFUL RECIPE GUIDE

**15 DELICIOUS
BERRY-FILLED DISHES**

JJVIRGIN.COM

Forget an apple a day

– a handful of berries a day will go a lot further
toward staying healthy!

That's because berries are full of fiber, antioxidants, vitamins, and omega-3s. Those are all big steps in the right direction when it come to preventing aging and disease, plus helping you keep your metabolism burning fast.

Remember, get your berries organic if at all possible, as they tend to be one of the highest carriers of pesticides. And never wash your strawberries and raspberries until just before you use them to prevent the growth of mold.

I love all the recipes in this guide, but my favorites have to be the Chocolate Chip Cookie Cheesecake and the Chocolate Berry Chia Pudding. Yum!

Enjoy,
JJ



~ PS ~



{ IF YOU WANT TO KEEP
THE YUMMY RECIPES COMING, DON'T FORGET
TO FOLLOW ME ON PINTEREST! }



*If you're following the Sugar Impact Diet, wait until you're no longer in Cycle 2 to enjoy the recipes in this guide.

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AVAILABLE AT
JJVIRGINSTORE.COM IN THE US
AND
JJVIRGINSTORE.CA IN CANADA.





BERRY Wonderful Recipes

Enjoy yummy,
nutritious superfood
ingredients that
are filled with all
sorts of fabulous
health benefits!



SUPERFOODS PROTEIN SHAKE

MAKES 1 SERVING

This protein shake is full of yummy, nutritious superfood ingredients that can help you burn fat, fight disease, and slow aging. Now that's what I call super!

2 scoops JJ Virgin Chocolate All-In-One Protein Shake powder (your choice of protein type)

10 oz. unsweetened almond milk

1/2 small avocado

1 cup frozen organic mixed berries

1 Tbsp chia seeds

1 Tbsp raw cacao powder

1 tsp grated fresh ginger

Blend the ingredients together until smooth.
(If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Enjoy!



Dark Chocolate Coconut Fiber Bars

**1 GRAM SUGAR
11 GRAMS FIBER • MCT OILS**



FIBER BAR
DARK CHOCOLATE
COCONUT
Gluten Free
NET WT 4.4 OZ (125g)
1g

BUY NOW



SUPERFOOD ICED TEA

MAKES 2 SERVINGS

This refreshing recipe is perfect for summer, and with Pique green tea, berries, and mint, it's got plenty of superfood goodness to keep you energized!

2 packets [Mint Green Pique Tea Crystals](#)*

1/2 cup fresh organic berries (blueberries, raspberries, and strawberries are ideal)

2 Tbsp fresh mint leaves

16 oz. filtered hot water

1/4 tsp [JJ Virgin Sprinkles](#), monk fruit extract, or stevia (to taste)

Place water and berries in a small saucepan. Heat over medium heat until water is steamy and berries begin to break apart.

Add mint leaves, Pique Tea Crystals, and JJ Virgin Sprinkles; stir until crystals are completely dissolved.

Pour into large mason jar and refrigerate until chilled. Pour into 2 glasses, fill with ice, and enjoy! (You can strain the berries and mint out if you prefer it crystal clear.)



If you're a tea lover, you're going to adore Pique Tea Crystals! They are convenient, award-winning little packets of tea that have been cold-brewed and crystallized to create a drink that not only tastes amazing, but has super-high levels of polyphenols and catechins (the good stuff that makes tea so great for your health)!

[CLICK HERE TO GET YOUR PIQUE TEA SAMPLER](#)

FROZEN CHOCOLATE RASPBERRY RIPPLE

MAKES 4 SERVINGS

This simple dessert recipe is full of healthy superfoods, including cacao, raspberries, and coconut oil. It's quick, tasty, and the perfect way to end a meal!



2/3 cup organic coconut oil

2 Tbsp raw cacao powder

1/4 tsp [JJ Virgin Sprinkles](#), monk fruit extract, or stevia (to taste)

dash sea salt

1/3 cup unsweetened coconut flakes

1/3 cup frozen organic raspberries

Melt the oil in a small saucepan over medium heat. Stir in the cacao powder, monk fruit extract or Virgin Sprinkles, and sea salt until well-combined and smooth. Remove from heat.

Arrange the berries and coconut flakes on dinner plate or glass pie dish. Pour the chocolate coconut oil mixture over the top and pop in the freezer.

When firm, break into shards or cut into wedges. Store in the refrigerator or freezer until gone.

STRAWBERRY DETOX SMOOTHIE

MAKES 1 SERVING

No more green drinks that taste terrible and crash your blood sugar! Get your greens and protein in this delicious, cleansing Strawberry Detox Smoothie recipe.

1 scoop [JJ Virgin Green Smoothie Cleanse](#) powder

10 oz. unsweetened coconut or almond milk

1 cup frozen organic strawberries

2 Tbsp coconut butter or coconut oil

1 Tbsp chia seeds or 2 tsp [JJ Virgin Extra Fiber](#)

Blend the ingredients together until smooth. Your smoothie can be thickened by adding ice cubes or thinned by adding cold water.



CHOCOLATE BERRY CHIA PUDDING

MAKES 2 SERVINGS

With plenty of protein and superfood chia seeds and berries, this healthy chocolate pudding recipe doubles as a filling breakfast or a naturally sweet treat.

1 scoop [Chocolate JJ Virgin All-In-One Protein Shake](#)
powder (your choice protein type)

1 1/2 cups unsweetened coconut milk

1 tsp real vanilla extract

pinch sea salt

1/3 cup chia seeds

1 cup organic fresh berries (your choice)

Whisk together the chocolate shake powder, coconut milk, vanilla, and sea salt in a glass bowl until well-combined.

Stir in the chia seed and berries. Refrigerate overnight, or at least 6 hours, and serve.



**In Just 7 Days
You Can Lose Weight
and Feel Better Fast**

START HERE

7 JJ VIRGIN
Day
CHALLENGE
STOP, DROP and SWAP



PEACH AND BERRY COCONUT CRISP

MAKES 4 SERVINGS

Try this gluten-free twist on a traditional crisp recipe, and trade the added sugar for the healthy fats in coconut butter. The perfect way to use summer fruit!

FILLING

2 cups organic fresh or frozen mixed peaches, thawed and drained if frozen

2 cups organic fresh or frozen mixed berries, thawed and drained if frozen

1 Tbsp [JJ Virgin Sprinkles](#) or granulated stevia (to taste)

2 tsp arrowroot powder

1/4 tsp almond extract

1/8 tsp ground nutmeg

TOPPING

3/4 cup Bob's Red Mill Gluten-Free All-Purpose Baking Flour

1/4 cup gluten-free oats

1/4 cup unsweetened coconut flakes

4 tsp [JJ Virgin Sprinkles](#) or granulated stevia (to taste)

3 Tbsp coconut butter

Preheat the oven to 350°F. Lightly brush a 4-cup baking dish with coconut oil.

Combine the peaches, berries, stevia extract, arrowroot, almond extract, and nutmeg in a medium bowl; mix well and transfer to the prepared baking dish.

Combine the flour, oats, coconut flakes, and stevia extract in a bowl. Add the coconut butter and work it into the mixture with your fingertips until you can form small clumps by pressing the mixture together. Sprinkle the topping (in small clumps) over the filling.

Bake until the filling is bubbly and thick. 33 to 35 minutes. Let cool for at least 10 minutes before serving.



CHOCOLATE RASPBERRY DELIGHT SHAKE

MAKES 1 SERVING

This delicious protein shake full of raspberries and chocolate is the perfect way to get up and go in the morning or refuel after a workout.

2 scoops [Chocolate JJ Virgin All-In-One Protein Shake](#) powder (your choice protein type)

2 tsp [JJ Virgin Extra Fiber](#)

1 cup frozen organic raspberries

1 Tbsp cacao nibs

10 oz. unsweetened coconut milk

Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Enjoy!



Get a shake with the power of bone broth...

21g CLEAN PROTEIN
1g SUGAR • 7g FIBER

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JJ VIRGIN
PALEO-INSPIRED ALL-IN-ONE SHAKE
Unsweetened with BCAA and Antioxidant Blend
CHOCOLATE FLAVOR



FREEZE-DRIED FRUIT, NUT, AND SEED TRAIL MIX

MAKES 8 SERVINGS

Here's a recipe for a tasty trail mix alternative that leaves out the sugar and potential allergens, while still giving you plenty of protein and energy! Freeze-dried fruit is easy to find in grocery or health food stores.

1 cup freeze-dried raspberries

1 cup freeze-dried strawberries

1 cup freeze-dried blueberries

1/4 cup raw pumpkin seeds

1/4 cup raw sunflower seeds

1/2 cup slow-roasted cashews or almonds*

Combine the berries, seeds, and nut in a bowl. Store in an airtight container at room temperature.

TO SLOW-ROAST CASHEWS OR ALMONDS:

Place 1 cup raw almonds or cashews and 1/2 teaspoon sea salt in a medium bowl, and add enough water to cover by 3 inches. Soak overnight at room temperature, then drain the nuts. Spread them on a rimmed baking sheet and bake at 140F for 8 hours. Let cool completely before making trail mix.



3-INGREDIENT PROTEIN FRO-YO BITES

2 SERVINGS
MAKES 30 BITES

These irresistible bites of fruity frozen yogurt are so quick and easy to make! Five minutes in the kitchen, and you've got healthy, dairy-free fro-yo perfection.

1 cup frozen organic berries or peach slices

1/2 cup unsweetened coconut yogurt (a.k.a. cultured coconut milk)

1/2 scoop [JJ Virgin All-In-One Protein Shake powder](#) (your choice flavor & protein type))

In a small bowl, whisk together the yogurt and shake mix until completely smooth.

In a blender, blend together the shake yogurt mix and frozen fruit until thoroughly mixed. (You may need to scrape down the sides of the blender cup once or twice.)

Pour the blended fruity yogurt mixture into a bowl, cover, and place in freezer. Freeze 1-2 hours, until thickened to spoonable consistency.

Spoon bite-sized dollops of the fro-yo onto a plate lined with wax paper or parchment paper.

Put the plate in freezer and freeze again until fro-yo bites are firm, about an hour. (If you like, you can drizzle your bites with melted dark chocolate and freeze again for a few minutes.)

Transfer to a plastic bag and store in freezer up to 3 weeks.





BLUEBERRY SORBET

MAKES 8 SERVINGS

This sweet, tangy dessert has all the cell-protecting benefits of blueberries without the sugar impact of traditional sorbet. It's a win-win!

4 cups fresh or frozen organic blueberries, thawed if frozen

2 Tbsp lemon juice

2 Tbsp monk fruit extract or liquid stevia

1/2 cup water

Combine the blueberries, lemon juice, monk fruit extract, and water in a blender, and puree.

Pour the blueberry puree into an ice cream maker and freeze according to the manufacturer's directions.

Transfer to a covered container, and allow to harden in your freezer. Let the sorbet stand at room temperature for 5 to 10 minutes to soften slightly before serving.



Clean Vegan Protein with Probiotics

22g CLEAN PROTEIN
1g SUGAR • 6g FIBER

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BERRIES WITH CACAO-NUT BUTTER SPREAD

MAKES 3/4 CUP SPREAD

You're going to love this healthy take on Nutella! It's got plenty of protein and brain-boosting omega-3s and none of the sugar or guilt. (Don't forget to leave time to slow-roast your nuts beforehand.)

1/2 cup slow-roasted almonds*

1/2 cup slow-roasted pecans*

2 Tbsp raw cacao nibs

1-1/4 tsp [JJ Virgin Sprinkles](#), monk fruit extract or stevia (to taste)

4 tsp coconut butter

1 cup fresh organic berries (to serve)

1/2 tsp sea salt

Combine all ingredients in the bowl of a food processor and process to form a smooth paste, stopping occasionally to scrape down the sides of the bowl with a rubber spatula.

Serve with fresh berries to dip. To store, refrigerate in airtight container for up to 3 weeks.

Allow to soften slightly at room temperature before serving.

TO SLOW-ROAST ALMONDS AND PECANS:

Place 1/2 cup each raw almonds and pecans and 1/2 teaspoon sea salt in a medium bowl, and add enough water to cover by 3 inches. Soak overnight at room temperature, then drain the nuts. Spread them on a rimmed baking sheet and bake at 140°F for 8 hours. Let cool completely before making nut butter.



PEACH-BERRY BLISS PROTEIN SHAKE

MAKES 1 SERVING

Peaches and blueberries come together in this tasty protein shake recipe. It's like summer in a glass, with the protein and fiber you need to feel great!

2 scoops [Vanilla JJ Virgin All-In-One Protein Shake](#) powder (your choice protein type)

1 Tbsp chia seeds or **2 tsp** [JJ Virgin Extra Fiber](#)

1/2 cup frozen organic blueberries

1/2 cup frozen organic peach slices

1/2 avocado

10 oz. unsweetened coconut milk

Blend the ingredients together until smooth.
(If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding more cold water.
Pure fruity bliss!



BLUEBERRY POWER MUFFINS

MAKES 12 MUFFINS

Most muffins are just cupcakes without the frosting. This gluten-free recipe is full of the protein and fiber you need to power through your day. (No more sugar crashes or muffin tops from your muffins!)

2/3 cups Bob's Red Mill Gluten-Free All-Purpose Baking Flour

3/4 cup ground raw almonds

1/4 cup chia seeds

1/4 cup freshly ground flaxseed

2 tsp monk fruit extract

2 tsp aluminum-free baking powder

1 tsp ground cinnamon

1/4 tsp sea salt

2/3 cups unsweetened coconut milk

1/4 cup macadamia nut oil

1 Tbsp real vanilla extract

2/3 cup fresh or frozen organic blueberries (no need to thaw)

Preheat oven to 350F. Line a 12-cup muffin tin with paper liners.

Combine the flour, almonds, chia seeds, flaxseed, monk fruit extract, baking powder, and cinnamon in a large mixing bowl. Whisk well and set aside.

Combine the coconut milk, oil, and vanilla in a separate small mixing bowl.

Add the wet ingredients to the dry, and stir with a wooden spoon or rubber spatula until just moistened. Don't overmix – stir enough to eliminate pockets of dry ingredients, but don't worry if there are lumps.

Gently fold in the blueberries. Spoon the batter into the lined muffin cups.

Bake for 27-29 minutes, until tops are lightly browned and a toothpick inserted in the middle of a muffin comes out clean. Remove from the oven and allow to cool.



GLUTEN-FREE PECAN PANCAKES WITH STRAWBERRIES

MAKES 2 SERVINGS

This elegant dish makes the perfect recipe for a luxurious breakfast in bed or brunch with friends. Gluten-free, dairy-free, and absolutely delicious!

FRUIT TOPPING

1 cup organic fresh strawberries, sliced

1 small orange, peeled, sectioned, and coarsely chopped

1/4 tsp stevia extract

PANCAKES

1/3 cup Bob's Red Mill Gluten-Free All-Purpose Baking Flour

1-1/2 scoops [Vanilla JJ Virgin All-In-One Protein Shake](#) powder (your choice protein type)

2 Tbsp arrowroot powder

1/2 tsp aluminum-free baking powder

1/4 tsp baking soda

1/2 tsp [JJ Virgin Sprinkles](#), monk fruit extract, or stevia (to taste)

2 Tbsp finely chopped pecans

3/4 cup unsweetened coconut milk

1/2 tsp vanilla extract

2 tsp coconut oil

Combine the strawberries, orange, and stevia extract in a bowl; let stand for at least 15 minutes or refrigerate for up to 2 hours.

Sift the baking flour, protein powder, arrowroot, baking powder, baking soda, and stevia extract through a wire strainer into a medium bowl; add the pecans and whisk to mix.

Combine the coconut milk and vanilla extract in a separate bowl. Pour the wet ingredients into the dry and stir with a rubber spatula until just moistened.

Heat a large nonstick skillet over medium heat. Add 1 teaspoon of the coconut oil and swirl to coat.

Cook 4 pancakes at a time; for each, spoon 2 slightly rounded tablespoons into the pan and spread into a thin 3-inch-diameter pancake.

Cook until the tops of the pancakes have some bubbles and the bottoms are golden, about 3 minutes.

Turn and cook 3 minutes longer, or until golden brown and cooked through. Repeat with the remaining oil and batter. Serve topped with the fruit mixture.



STRAWBERRIES AND CREAM OVERNIGHT OATS

MAKES 1 SERVING

The delicious flavors of strawberries and cream meet the convenience of overnight oats in this gluten-free, dairy-free recipe full of protein and fiber.

1 scoop [Vanilla JJ Virgin All-In-One Protein Shake powder](#) (your choice protein type)

2/3 cup unsweetened vanilla almond milk

1/3 cup unsweetened, full-fat coconut milk yogurt

1/2 cup gluten-free rolled oats (not quick cook)

1/4 cup chopped organic fresh strawberries (not frozen)

1 Tbsp freshly ground flaxseed

1/2 tsp real vanilla extract

Pinch of sea salt

In a medium-sized mixing bowl, whisk together the protein shake powder, almond milk, and yogurt until thoroughly mixed and smooth.

Stir in the remaining ingredients until well-combined. Spoon into a one-pint jar with a tight-fitting lid.

Close and refrigerate for at least 6 hours, preferably overnight, before eating.



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High-potency Complete Multivitamins Plus Omega Ultra

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RECIPES ORIGINALLY PUBLISHED IN THE VIRGIN DIET COOKBOOK, GRAND CENTRAL LIFE & STYLE, 2014 AND JJ VIRGIN'S SUGAR IMPACT DIET COOKBOOK, GRAND CENTRAL LIFE & STYLE, 2015

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