



JJ VIRGIN

SWEET TREATS

RECIPE GUIDE

**15 SCRUMPTIOUS,
GUILT-FREE DESSERTS**

JJVIRGIN.COM



I don't have a huge sweet tooth, but when the urge strikes, I know better than to rely on anything from a grocery store shelf!

This guide is designed to give you plenty of yummy, healthy options to satisfy your need for a treat without sabotaging your diet or health. These are all delicious recipes that you can share with family and friends – no need to skip dessert at your next potluck!

I am all about the Chocoholic Protein Cookie Bites, and the Chocolate-Covered Strawberry Freezer Fudge is so easy it would be criminal if it wasn't actually good for you! And I keep a batch of Coconut Whipped Cream on hand at all times because it's one of my favorite stir-ins for my morning shake or a cup of coffee.

When you make these recipes (and I know you will), I'd LOVE to see pics! Just follow and tag me [@jj.virgin](#) on Instagram so I can see your gorgeous handiwork and repost it for our whole community to enjoy.

Enjoy!
JJ

~ PS ~

If sugar cravings are overwhelming you on a daily basis, this recipe guide may not be all the help you need.

Check out this blog to find out what to do next: **Sugar Burner vs. Fat Burner: Which One Are You?**

jjjvirgin.com/sugarvsfatburner



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BARS & BITES

Satisfy your sweet tooth with these delightful recipes that are free of inflammatory gluten, dairy, soy, peanuts, corn, and artificial sweeteners.



CHOCOHOLIC PROTEIN COOKIE BITES

PREP TIME: 10 mins
MAKES: About 20 bites

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

1/2 cup chopped almonds or pecans

1/2 cup organic cacao nibs

1/2 cup gluten-free organic rolled oats (not quick cook oats or instant oatmeal)

2 Tbsp unsweetened unsalted almond butter

1 Tbsp coconut oil

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

1/4 tsp sea salt

raw cacao powder for rolling (preferably organic)

Pulse the oatmeal in a food processor until the size of small crumbs. Add the remaining ingredients, and pulse until well-combined and mixture holds its shape when pressed together. (Be careful not to over-process.)

Roll the mixture into 1-1/2 inch balls. If desired, roll the finished bites in organic cacao powder.

Transfer to fridge to chill completely, then enjoy. Store covered in refrigerator for up to one week.



Dark Chocolate Coconut Fiber Bars

1 GRAM SUGAR
11 GRAMS FIBER
MCT OILS

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CHOCOLATE-COVERED STRAWBERRY FREEZER FUDGE

PREP TIME: 5 mins
CHILL TIME: 2 hrs
MAKES: 18 Squares

- 1/2 cup** coconut oil
- 1/2 cup** creamy unsalted unsweetened almond butter
- 1/2 cup** raw cacao powder (preferably organic)
- 1/4 tsp** sea salt
- 1 tsp** real vanilla extract
- 1 tsp** JJ Virgin Sprinkles, monk fruit extract, or stevia (to taste)
- 1/2 cup** freeze-dried strawberries, crushed

Line a loaf pan with parchment paper and set aside.

In a small saucepan, combine the coconut oil, almond butter, cacao powder, and salt. Heat over medium heat, whisking until completely smooth. Do not bring to a boil.

Remove from heat and stir in sweetener and vanilla extract. Pour into prepared pan and sprinkle on freeze-dried strawberries.

Place in fridge and let set for at least 2 hours.

Cut into 18 squares before serving. Store in fridge or freezer for up to 2 weeks. (Want extra cute? Try using a mini heart-shaped cookie cutter to make cute little fudge bites!)



4-INGREDIENT PALEO PUMPKIN BROWNIES

PREP TIME: 5 mins
COOK TIME: 40 mins
MAKES: 8 brownies

1 cup canned pumpkin
(NOT pumpkin pie filling)

1/2 cup unsweetened salted almond
butter (if not salted, add a pinch of
sea salt to recipe)

5 Tbsp raw cacao powder

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

Preheat oven to 350F. Generously oil an 8"x4" loaf pan with coconut oil or avocado oil and set aside.

Beat together the ingredients in a mixing bowl using an electric mixer. Transfer batter to greased loaf pan and smooth into even layer.

Bake at 350F for 40-45 minutes, until a wooden skewer inserted in the center comes out mostly clean.

Cool in the pan completely before cutting into 8 brownies. (You can put the pan in the refrigerator to speed that process up.)

Store leftover brownies in airtight container in refrigerator for up to 5 days. Brownies also freeze beautifully for up to 6 weeks!



Delicious and nutritious JJ Virgin All-In-One Protein Shakes

**PALEO OR PLANT-BASED
CLEAN PROTEIN • 1g SUGAR OR LESS**

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3-INGREDIENT PROTEIN FRO-YO BITES

PREP TIME: 5 mins
CHILL TIME: 2 hrs
MAKES: About 30 bites

1 cup frozen organic berries or peach slices

1/2 cup unsweetened coconut yogurt

1/2 scoop JJ Virgin Chocolate All-In-One Protein Shake powder (your choice of protein type)

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

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.





FROZEN CHOCOLATE RASPBERRY RIPPLE

PREP TIME: 5 mins
COOK TIME: 5 mins
MAKES: 4 servings

- 2/3 cup** coconut oil
- 2 Tbsp** raw cacao powder (preferably organic)
- 1/4 tsp JJ Virgin Sprinkles**, monk fruit extract, or stevia
- dash sea salt
- 1/3 cup** unsweetened coconut flakes
- 1/3 cup** frozen 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.



SIPS & SPOONFULS

Grab a spoon or a straw and try one of these delicious sweet treats recipes that are free of inflammatory gluten, dairy, soy, peanuts, corn, and artificial sweeteners.



PUMPKIN CHEESECAKE SHAKE

PREP TIME: 5 mins
MAKES: 1 serving

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

1/2 can canned pumpkin
(NOT pumpkin pie filling)

2 oz. dairy-free, soy-free nut-based cream cheese (such as Kite Hill)

1 Tbsp freshly ground flaxseed

1/2 tsp peeled, grated fresh ginger

1/4 tsp ground cinnamon

dash of ground cloves

10 oz. unsweetened coconut milk

dash of **JJ Virgin Sprinkles**, monk fruit extract, or stevia

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





MINT BROWNIE CRUNCH SMOOTHIE

PREP TIME: 5 mins
MAKES: 1 serving

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

1/2 small avocado, peeled and pitted

1/4 tsp pure peppermint oil

10 oz. unsweetened coconut milk

2 Tbsp raw cacao nibs

2 tsp raw cacao powder

4-5 ice cubes

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

Top with a sprinkling of cacao nibs for extra crunch!

*** JJ VIRGIN'S**
Sugar Impact Diet
online program

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BIRTHDAY CAKE SHAKE

PREP TIME: 5 mins
MAKES: 1 serving

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder** (your choice of protein type)
- 10 oz.** unsweetened vanilla coconut milk
- 1 Tbsp** coconut butter (or coconut oil, if butter not available)
- 1 Tbsp** almond butter
- 2 tsp JJ Virgin Extra Fiber** or 1 Tbsp freshly ground flaxseed
- 1 tsp** real vanilla extract
- 1/8 tsp** almond extract
- 4-5** ice cubes
- 1/4 cup** whipped coconut cream (optional)
- 1 tsp** all-natural rainbow sprinkles (optional)

Blend the shake mix, coconut milk, coconut butter, almond butter, Extra Fiber, vanilla extract, almond extract, and ice cubes together until smooth.

Top your shake with a dollop of whipped coconut cream and sprinkles.

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

WHIPPED COCONUT CREAM

This dreamy, dairy-free whipped concoction makes the perfect topping for any drink or treat. It's a beautiful cloud of naturally sweet coconut.

{ **MAKES 1/2 CUP** }

- **1 (14 oz.) can** full-fat unsweetened coconut milk, refrigerated at least 12 hours
- **1 tsp** real vanilla extract
- **1 tsp JJ Virgin Sprinkles**, erythritol, or powdered monk fruit (optional)

Open the can and drain off the liquid. (Save it to use in protein shakes!) Then scoop the firm coconut cream into a medium bowl.

Add the vanilla and sweetener, and beat with an electric mixer on medium-high speed until completely whipped and thick. Refrigerate until ready to use.



VANILLA COCONUT AFFOGATO

PREP TIME: 5 mins
MAKES: 1 serving

2 scoops unsweetened coconut ice cream (store-bought or from recipe on p. 19 in this guide)

4 oz. hot espresso or strong decaf coffee

1/2 scoop JJ Virgin Vanilla All-In-One Protein Shake powder (your choice of protein type)

Place two scoops of ice cream in a mug.

In a small cup or bowl, whisk together the protein powder and coffee until smooth. Pour hot protein coffee over ice cream and enjoy!



CHOCOLATE BERRY CHIA PUDDING

PREP TIME: 10 mins
CHILL TIME: 6 hrs
MAKES: 2 servings

1 scoop JJ Virgin Chocolate All-In-One Protein Shake powder (your choice of 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

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, then serve.



MACAROON MOCHA

PREP TIME: 5 mins
COOK TIME: 10 mins
MAKES: 2 servings

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

7 oz. unsweetened coconut milk

7 oz. brewed coffee

1 tsp real vanilla extract

2 Tbsp unsweetened shredded coconut, toasted (directions below)

Whipped coconut cream to serve (see page 12)

Blend the protein powder, coconut milk, coffee, and vanilla extract in a blender until the ingredients are well-mixed.

Transfer to a medium saucepan and cook over medium heat until steamy, stirring occasionally.

Divide into 2 mugs and top each with a dollop of whipped coconut cream and a tablespoon of toasted coconut.

To toast coconut: Preheat oven or toaster oven to 325F. Spread coconut in an even layer on a baking sheet lined with parchment paper. Cook 5-7 minutes, until toasted, stirring occasionally to ensure it browns evenly.



CHOCOLATE AVOCADO MOUSSE WITH CACAO NIBS

PREP TIME: 10 mins
CHILL TIME: 20 mins
MAKES: 4 servings

2 oz. dark chocolate (70 percent cacao or higher), chopped

1 avocado, peeled and pitted

3/4 cup unsweetened coconut yogurt

1 tsp JJ Virgin Sprinkles, monk fruit extract, or stevia

4 tsp organic cacao nibs

Place three-fourths of the chocolate in a microwave-safe bowl and microwave in 15-second intervals, stirring after each, until just melted. Stir in the remaining chocolate until melted and smooth; let cool for 3 minutes.

Combine the avocado, coconut yogurt, and sweetener in a medium bowl. Beat with an electric mixer on the highest setting until well combined.

Add the melted chocolate and beat it in until the mixture is light and fluffy.

Divide among four bowls and refrigerate for at least 20 minutes. Just before serving, sprinkle with the cacao nibs.



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BLUEBERRY SORBET

PREP TIME: 5 mins
CHILL TIME: 4 hrs
MAKES: 8 servings

- 4 cups** fresh or frozen blueberries, thawed if frozen
- 2 Tbsp** lemon juice
- 2 Tbsp** monk fruit extract or liquid stevia (to taste)
- 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 5-10 minutes to soften slightly before serving.





COCONUT ICE CREAM

PREP TIME: 5 mins

CHILL TIME: 5 hrs

MAKES: 9 servings

2 cups unsweetened full-fat canned organic, non-GMO coconut milk

1/4 cup coconut butter

1-1/2 Tbsp monk fruit extract or liquid stevia (to taste)

1 Tbsp lime juice

1 tsp coconut extract

Combine the coconut milk, coconut butter, monk fruit extract, lime juice, and coconut extract in a blender; puree. Transfer to a bowl and refrigerate until cold, about 1 hour.

Pour the coconut mixture 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 ice cream stand at room temperature for 5 to 10 minutes to soften slightly before serving.





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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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