

Chocolate Fix™ Recipe Book



Contributions from Xooma Worldwide Members

Acknowledgements

We would like to thank our Xooma Worldwide Members whose contributions made this such a rich collection of recipes – both in variety of creative concoctions to the richness of their flavors.

Xooma Worldwide has dedicated years of research and scientific study to creating some of today's highest quality health and wellness products. Chocolate Fix™ Mix is one of those products.

We thank the originators of this idea, and Xooma's formulators of this delicious – and satiating – product. Imagine.... a product packaged like a candy bar yet with none of the excess fat, sugar or calories. It includes numerous health benefits and is still low calorie!

Most of all, we thank our Members for their participation and sharing wonderfully imaginative and delicious recipes in the following pages. Enjoy trying these marvelous creations, both healthy and hearty, and discover your next favorite Chocolate Fix combination.

We wish you Happy Chocolating!

*Released February 2014
Edited by Laura Jackson
Cover Product Photograph by Tom Leach*

Message from Xooma Worldwide Corporate Team

To our Chocolate Lovers Worldwide,

Chocolate Fix Mix was brought to market in late 2013, created and manufactured exclusively by Xooma Worldwide. When it was first revealed on Xooma Worldwide's annual Cruise Convention, it received rave reviews with the first taste testing by Xooma Members.

Chocolate Fix was intentionally created to be a great tasting treat that was healthy with none of the guilt. It comes in convenient packaging, easy for enjoying in the office, on the road or just at home. While it's perfect as a hot or cold beverage, you can also enjoy different combinations by adding it to your favorite foods.

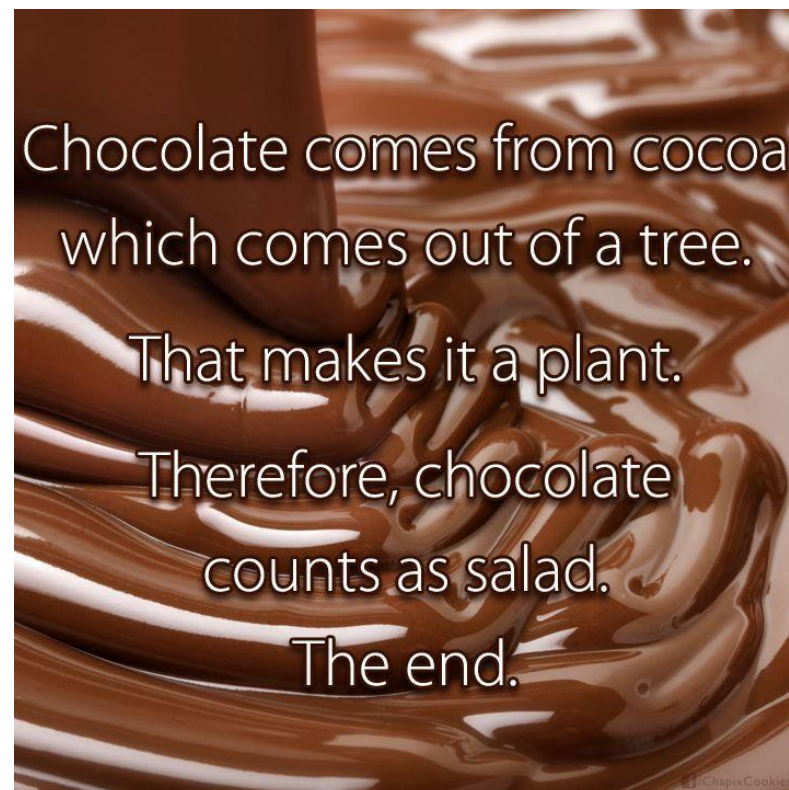
We hope these recipes allow you to experience Chocolate Fix in a whole new way and maybe encourage you to come up with a few new creations of your own.

*Sincerely,
Your Xooma Corporate Team*

Xooma Worldwide ♥ 150 Research Drive ♥ Hampton, VA 23666
www.xooma.com ♥ cs@xoomaworldwide.com ♥ 1-888-865-6687

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*The statements in this publication have not been evaluated by the U.S. Food and Drug Administration. These product-related recipes are not intended to diagnose, treat, cure or prevent any disease.... nor substitute for an organic green salad.

Chapter 1: Beverages (Hot and Cold)



Chapter 1: Beverages (Hot and Cold)

Chocolate Fix & Cocoa Mix

Ingredients

½ - 1 packet of Chocolate Fix

1 packet of your favorite Cocoa Mix

6 or 8 oz. of water or your favorite milk

For a delicious new take on hot cocoa, add the packet of Chocolate Fix for an extra chocolaty combo!

Dama Stewart, Tennessee (USA)

Kimberly Gray, Tennessee (USA)

Chapter 1: Beverages (Hot and Cold)

Blender Bottle Chocolate Fix

Ingredients

One Blender Bottle with wire mixing ball
1-2 cups of milk (Almond, Coconut, Rice, Soy or regular)
1-2 packets of Chocolate Fix
A few pieces of ice

Optional

Add a little “spice” to your life, with a drop or two of peppermint oil, cinnamon, ginger, nutmeg, etc... The possibilities are endless!

Shake vigorously and enjoy!

Naomi & Ronnie Webb, Oklahoma (USA)

Chapter 1: Beverages (Hot and Cold)

Cocomotion Hot Chocolate

Ingredients

1-4 cups of milk (Almond, Coconut, Rice, Soy or regular)
1-4 packets of Chocolate Fix

Add the milk to the Cocomotion* machine, then the Chocolate Fix, and simply start the machine. When it shuts off, pour and enjoy!

Naomi & Ronnie Webb, Oklahoma (USA)

*A Cocomotion machine is an automatic hot cocoa maker and designed to make perfect hot cocoa – along with Chocolate Fix, of course. They can be purchased at many retail outlets.

Chapter 1: Beverages (Hot and Cold)

Chocolate Fix Hot Cocoa with a Kick

Ingredients

8 oz. hot coconut milk
1 teaspoon organic coconut oil
1 packet of Chocolate Fix
Dash cayenne pepper
Whipped Cream

Mix hot coconut milk, coconut oil, packet of Chocolate Fix, dash cayenne pepper and top with whipped cream. WOW is it good!

Phyllis Brumit, Tennessee (USA)

Chapter 1: Beverages (Hot and Cold)

Chocolate Fix & Hershey's Chocolate Syrup

Ingredients

1 packet of Chocolate Fix
1 glass of milk (your choice)
Hershey's Chocolate Syrup

A new healthy twist on an old traditional favorite, make your glass of homemade chocolate milk using your milk (of choice), a generous squeeze of Hershey's Chocolate Syrup and one packet of Chocolate Fix. Now enjoy!

Barbara Dianne Storey, Tennessee (USA)

Chapter 1: Beverages (Hot and Cold)

No-Guilt Chocolate Coffee

Ingredients

6-8 oz. of your favorite brewed coffee

1 packet of Chocolate Fix (replaces sugar and creamer)

Brew coffee as you would make it. Enjoy this without the added sugar and cream... oh so good without any guilt!

Joe Molinaro, Pennsylvania (USA)
Deborah Holder, Tennessee (USA)

Chapter 1: Beverages (Hot and Cold)

Chocolate Fix Cocoa with Marshmallows

Ingredients

8 oz. water or Almond milk (milk or milk substitute)

1 packet of Chocolate Fix

Miniature marshmallows

Heat water or milk, then mix in Chocolate Fix. Top with a few (or more) marshmallows. Now enjoy!

Carol Ann Fox, Tennessee (USA)

Chapter 1: Beverages (Hot and Cold)

Chocolate Covered Cherry*

Ingredients

20 oz. X2O water
1 packet of Chocolate Fix
1 stick of FocusUP

Using your X2O bottle, mix 20 oz. X2O water, 1 packet of Chocolate Fix and 1 drink stick of FocusUP. Shake well. Now experience a chocolate energy drink that tastes just like a Chocolate Covered Cherry!

Bodey Fox, Tennessee (USA)

**Not sure where the first Chocolate Covered Cherry originated, but Bodey Fox introduced this awesome combination to Xooma Worldwide's corporate office in December 2013.*

Chapter 1: Beverages (Hot and Cold)

Chocolate Fix ala Mexicana

Ingredients

1 packet of Chocolate Fix (dissolved in 1 oz. hot water)
1 dash Tabasco (two if you're up for it!)
Sprinkling of cinnamon
5 oz. hot water

First, dissolve packet of Chocolate Fix in one ounce of hot water. Then add dash of Tabasco, sprinkling of cinnamon. Stir thoroughly. Then add enough hot water to make a 6 oz. serving.

Denise & Joseph Gerace, Arizona (USA)

Chapter 1: Beverages (Hot and Cold)

Chocolate Fix Coconut Cocoa

Ingredients

2 oz. hot water
1 packet of Chocolate Fix
2 Tablespoons organic raw coconut butter (whole coconut nutmeal)
4 oz. hot water

Mix the Chocolate fix and the coconut butter in 2 oz. hot water until dissolved, mixing thoroughly. Add 4 oz. hot water to make 6 oz. of delicious, thick cocoa beverage.

Denise & Joseph Gerace, Arizona (USA)

Chapter 1: Beverages (Hot and Cold)

Mocha Chocolate Fix Coffee

Ingredients

8 oz. brewed coffee
1 packet of Chocolate Fix
3 teaspoons Café Mocha Nestle Coffee Mate
X2O sachet

Brew coffee, then add Chocolate Fix, flavored coffee mate, an X2O sachet. Now enjoy!

Georgia Hall, Tennessee (USA)

Chapter 2: Blender Combinations

Chapter 2: Blender Combinations

X2O Chocolate MetaboWize Blend

Ingredients

2 scoops MetaboWize Protein Fiber Shake (Tropical Vanilla)

8 oz. X2O water or milk (or milk substitute)

1 packet of Chocolate Fix

Place in blender (or Xooma shaker cup) and then enjoy!



Barbara Dianne Storey, Tennessee (USA)

Carol Ann Fox, Tennessee (USA)

Chapter 2: Blender Combinations

Chocolate MetaboWize Fruit Blend

Ingredients

2 scoops MetaboWize Protein Fiber Shake (Tropical Vanilla or chocolate)
½ banana or equal amount of pineapple
8 oz. X2O water or unsweetened Almond or Coconut milk
1 packet of Chocolate Fix

In a blender, mix MetaboWize Protein Fiber Shake (2 scoops vanilla or chocolate), half a banana or equal amount of pineapple, 8 oz. X2O water or unsweetened Almond or Coconut milk and one packet of Chocolate Fix.

Kenneth Davis, North Carolina (USA)

Chapter 2: Blender Combinations

Strawberry Chocolate MetaboWize!

Ingredients

2 scoops MetaboWize Protein Fiber Shake (Tropical Vanilla)
6 frozen strawberries
3 ice cubes
8 oz. X2O water
1 packet of Chocolate Fix

In a blender, mix the vanilla MetaboWize Protein Fiber Shake, strawberries, ice, X2O water and one packet of Chocolate Fix. BOO-YA! Christine first discovered it post-workout but good anytime!

Christine Rose, Ontario (Canada)

Chapter 2: Blender Combinations

Peanut Butter Banana Mix

Ingredients

2 scoops MetaboWize Protein Fiber Shake (Tropical Vanilla)
8 oz. Soy or Almond Milk (unsweetened)
1 packet of Chocolate Fix
1 banana
1 teaspoon natural peanut butter
Ice cubes

Blend all ingredients for a great taste!

Julia Maynor, Maryland (USA)

Chapter 2: Blender Combinations

Chocolate Almond MetaboWize

Ingredients

2 scoops MetaboWize Protein Fiber Shake (Tropical Vanilla or
Chocolate)
8 oz. Almond Milk (unsweetened)
1 packet of Chocolate Fix
Ice cubes

Simple and good!

Julia Maynor, Maryland (USA)

Chapter 2: Blender Combinations

Fruity Tangerine Chocolate Fix

Ingredients

2 scoops MetaboWize Protein Fiber Shake (Tropical Vanilla)

8 oz. Soy Milk (unsweetened)

1 packet of Chocolate Fix

½ banana

1 tangerine

Mix the soy milk, MetaboWize, Chocolate Fix, banana and tangerine. Then for a twist, warm it up and enjoy. Tastes great!

Julia Maynor, Maryland (USA)

Chapter 2: Blender Combinations

Joy's Chocolate Fix Green Smoothie

Ingredients

8 oz. X2O water

1 packet of Chocolate Fix

2 scoops MetaboWize Protein Fiber Shake (Tropical Vanilla
or chocolate)

1 scoop Flax Seeds

½ cup green grapes

1 cup spinach

1 cup kale

3-4 chunks fresh pineapple

1 cucumber

½ lemon

1 cup frozen strawberries

Mix in a blender for 1 minute. ENJOY!

Joy Courtney, Alabama (USA)

Chapter 2: Blender Combinations

Chocolate Fix Fruity Yogurt Smoothie

Ingredients

12 oz. X2O water
2 scoops MetaboWize Protein Fiber Shake (Tropical Vanilla)
1 packet of Chocolate Fix
5.3 oz. Chobani Blackberry Greek Yogurt
½ banana
8 strawberries

Mix in the blender and enjoy!

Georgia Hall, Tennessee (USA)

Chapter 2: Blender Combinations

Almond Joy

Ingredients

1 cup Coconut-Almond milk
1 Tablespoon shredded coconut
1/8 teaspoon pure almond extract
½ cup ice cubes
1 packet of Chocolate Fix

Add all ingredients to the blender. Blend until smooth. Enjoy!

Julianne Holbrook, Tennessee (USA)

Chapter 2: Blender Combinations

Chocolate Almond Banana Smoothie

Ingredients

8 oz. X2O water
2 Tablespoons of Chocolate Fix Mix
1 ripe banana
2 Tablespoons almond butter

Mix 2 tablespoons of Chocolate Fix with 8 oz. X2O water and freeze the mixture. Separately, mix 1 ripe banana and 2 tablespoons almond butter with the frozen chocolate mixture, creating a smooth texture. Enjoy!

Shari & William Harris, Georgia (USA)

Chapter 2: Blender Combinations

Chocolate Peanut Butter Yogurt Protein Shake

Ingredients

12 oz. X2O water
2 scoops MetaboWize Protein Fiber Shake (Tropical Vanilla)
1 packet of Chocolate Fix
6 oz. plain Green Yogurt
1 Tablespoon natural peanut butter
1 teaspoon cinnamon

Blend and enjoy!

Georgia Hall, Tennessee (USA)

Chapter 2: Blender Combinations

Chocolate Frosty

Ingredients

1 cup unsweetened Almond milk
1 frozen banana cut into pieces
1 Tablespoon Chocolate Fix (or to taste)
1 teaspoon pure vanilla extract
8-10 ice cubes

Combine in a heavy duty blender. Blend until smooth and enjoy!

Linda Jenkins, Texas (USA)



Chapter 3: Breakfast Food

Chapter 3: Breakfast Food

Healthier Cocoa Wheats

Ingredients

1 serving Cream of Wheat

1 packet of Chocolate Fix

Water or Milk (regular, rice, almond, coconut)



Prepare the Cream of Wheat as instructed (can also double), using water or milk product. When done, add packet of Chocolate Fix.

Michael Covey, Indiana (USA)

Chapter 3: Breakfast Food

Chocolate Fix Pancakes

Ingredients

1 packet of Chocolate Fix

Your favorite pancake recipe (4-8 servings)

Make your favorite pancake recipe, either store-bought or homemade, and simply add one packet of Chocolate Fix. “We used Chocolate fix in our homemade pancakes! We just pour it into the batter and stir it up for some chocolaty goodness – Yum!!”

Michele Rogalski, North Carolina (USA)

Chapter 3: Breakfast Food

Chocolate Fix Oatmeal

Ingredients

½ cup of oatmeal

1 cup of X2O water

Chocolate Fix to taste

Bring water to a boil. Stir in oatmeal and cook 1 to 2 minutes. Remove from heat and stir in the Chocolate Fix. Joe says, “You can add milk if you like, but I don’t.” Enjoy even more at less than 200 calories a serving!

Joe Molinaro, Pennsylvania (USA)

Chapter 3: Breakfast Food

Chocolate Fix Spread

Ingredients

1 packet of Chocolate Fix
3 teaspoons of coconut oil
3 teaspoons natural peanut butter
2 teaspoons raw honey
1 teaspoon cinnamon

Mix all ingredients together. Then spread on pancakes, waffles, sprout bread, crackers.... You get the idea!

Nancy Manuel, Hawaii (USA)

Chapter 3: Breakfast Food

Chocolate Fix Oatmeal & Raisins

Ingredients

3 cups cooked oatmeal
¼ cup raisins
1 packet Chocolate Fix
Add Almond milk to taste (or another milk)

Prepare the oatmeal adding in the raisins. Add Almond milk to taste and mix in the Chocolate Fix. Serve and enjoy!

Nancy Manuel, Hawaii (USA)

Chapter 4: Snacks & Desserts

Chapter 4: Snacks & Desserts

Cake Batter

Ingredients

1 packet of Chocolate Fix

1 oz. warm water

Whether you refer to it as “Cake Batter” or “Frosting”, mixing Chocolate Fix with just 1 oz. of warm water creates a thick and satisfying spoonful of chocolaty goodness.

Kenneth Davis, North Carolina (USA)



Chapter 4: Snacks & Desserts

Chocolate Fix with Greek Yogurt

Ingredients

1 cup Vanilla Greek yogurt
1+ Tablespoons of Chocolate Fix

Add the desired amount of Chocolate Fix to one cup of vanilla Greek yogurt. Stir, serve and enjoy!

Christina Dinner, Ontario (Canada)

Chapter 4: Snacks & Desserts

Chex Muddy Buddies

Ingredients

4 ½ cups Rice Chex
1/8 cup butter (or avocado oil or coconut oil)
½ teaspoon vanilla
¼ - ½ cup organic peanut butter
2-3 packets of Chocolate Fix
1 Tablespoon old fashioned cocoa

Optional

½ cup powdered sugar

Put the Chex cereal in a mixing bowl and set aside. Over low heat, mix all the other ingredients together, mixing well with a whisk. Continue stirring (or microwave at 50% power). The mix will liquefy when heating. When completely mixed and liquefied, pour over the Chex. Gently fold over the Chex, and when thoroughly coated, sprinkle lightly with powdered sugar.

Keeps well in fridge, that's if you have any left!

Nancy Covey, Indiana (USA)

Chapter 4: Snacks & Desserts

Chocolate Fix Almonds

Ingredients

1 Tablespoon coconut oil
1 oz. raw almonds
1 packet of Chocolate Fix

Mix coconut oil slightly melted with raw almonds and Chocolate Fix. May add drops of water for right consistency.

Drop by teaspoon onto a foam plate and pop it in freezer.
Allow to set.

Enjoy these bite size treats!

Deborah Pinkerton, Alabama (USA)

Chapter 4: Snacks & Desserts

Chocolate Fix Rolled Banana

Ingredients

2 bananas
1 packet of Chocolate Fix
Dash cinnamon
Brown sugar
Butter

Mix the Chocolate Fix with the cinnamon, brown sugar and butter. Put a chopstick into the banana and roll the banana in the mixture. Then put it in a Ziploc bag and freeze.

Great treat!

Lila Umiamaka, Hawaii (USA)

Chapter 4: Snacks & Desserts

Chocolate Fix Mix No Bake Macaroons

Ingredients

4 packets of Chocolate Fix (or to taste)
3 cups unsweetened coconut flakes
1 ½ cups almond flour
1 cup maple syrup
1/3 cup coconut oil, melted
1 Tablespoon vanilla extract
½ teaspoon sea salt

Mix Chocolate Fix and almond flour together well. Then add the rest of the ingredients and mix well. Form into 1" balls, put onto a cookie sheet and freeze. Joe says, "I'll bet you can't eat just one!"

Joe Shocklee, Indiana (USA)

Chapter 4: Snacks & Desserts

Chocolate-Covered Vegetables

Ingredients

2 packets of Chocolate Fix
1-3 oz. warm water

Okay, so it's chocolate-covered potato chips. But potato chips are vegetables (sort of)!

In a small bowl, begin by mixing a smaller amount of warm water with the Chocolate Fix. When you have the desired thickness, just dip potato chips into the chocolate mixture.

Mary Beth Lodge, Ohio (USA)
Susie Keehner, Ohio (USA)

Chapter 4: Snacks & Desserts

Chocolate Peanut Butter Cup

Ingredients

1 packet of Chocolate Fix
1 oz. X2O water
1 Tablespoon natural peanut butter

Place the Chocolate Fix mix in a small cup and add approximately 1 ounce of water. Then, add the tablespoon of natural peanut butter and mix it all together. Wow, it is yummy!

Ken Marsh, Virginia (USA)

Chapter 4: Snacks & Desserts

Chocolate Dipping Sauce for Fruit

Ingredients

2 packets of Chocolate Fix
2-3 oz. warm water
Fruit of your choice (strawberries, bananas, pineapple, melon, grapes...)

Create the consistency you desire, and enjoy your own healthy chocolate dipping sauce for all kinds of fruit or yogurt topping!

Ken Marsh, Virginia (USA)

Chapter 4: Snacks & Desserts

Walnut/Pecan Chocolate Torte crust

Ingredients

2 cups walnuts (raw)
2 cups pecans (raw)
1 cup pitted dates
1 Tablespoon melted coconut oil
2 Tablespoons shelled hemp seeds (optional)
Pinch sea salt
1 packet of Chocolate Fix

Put all the ingredients **except** the coconut oil and Chocolate Fix in a food processor. Blend thoroughly. Add Chocolate Fix Mix. Next add melted coconut oil and blend thoroughly. It is now a softened ball of dough.

Remove from the food processor, form dough into a ball and wrap tightly in parchment paper. Set in refrigerator and let chill. When you're ready to use the pie crust, press it gently and evenly into a pie plate and add fruit as desired. If you would like to add the shelled Hemp seeds now, that would also be an option. Spread with fresh or preserved fruit and serve.

Dr. Henriette Alban, Pennsylvania (USA)

Chapter 4: Snacks & Desserts

Chocolate Fix Tofutti Frosting

Ingredients

1 6-oz. Tofutti cream cheese (lactose-free)
2 Tablespoons Earth Balance soy-free (softened)
2 teaspoons vanilla
3 Tablespoons Maple Syrup (powdered sugar substitute)
1 packet of Chocolate Fix

Mix all ingredients with a hand mixer. Then spread on your favorite gluten-free and/or dairy free cake, cupcake, or sugar cookie!

Laura Jackson, Virginia (USA)

Chapter 4: Snacks & Desserts

Frozen Chocolate Fix Popsicle

Ingredients

9 oz. milk (warmed)
2 packets of Chocolate Fix

Slowly warm milk and then dissolve Chocolate Fix. Place in popsicle stick holders and freeze for wonderful summer treat. Makes three 3-ounce popsicles. Double recipe for six popsicle stick sets.

Tom Leach, Virginia (USA)

Chapter 4: Snacks & Desserts

Chocolate Fix Pick-Me-Up

Ingredients

1 packet of Chocolate Fix

Pour a small amount of Chocolate Fix directly onto your tongue, savoring the flavor before swallowing. Denson comments, "Perfect for travel, you don't even need water or a Xooma shaker cup!"

Warning: Please do not dump the entire package of Chocolate Fix onto your tongue at one time – it can get a little sticky. While some Xooma members have tried this method, we would prefer you enjoy your Chocolate Fix carefully and safely!

Denson Taylor, Georgia (USA)

Chapter 4: Snacks & Desserts

Never Guilty Ice Cream

Ingredients

4 large very-ripe bananas
2 Tablespoons peanut butter
1 Tablespoon Chocolate Fix (or to taste)

Peel and slice bananas into 1/2" pieces. Spread by layering in a dish and freeze 1-2 hours.

Place the bananas in food processor or heavy duty blender. Puree to consistency of ice cream. Add peanut butter and Chocolate Fix. Puree to combine and serve.

Linda Jenkins, Texas (USA)

Chapter 4: Snacks & Desserts

Sundae Topping

Ingredients

1 packet of Chocolate Fix
Bowl of your favorite ice cream

Toppings (Optional)

Hershey's syrup
Caramel syrup
Whipping Cream
Maraschino cherry

Carefully deposit the contents of Chocolate Fix onto your favorite ice cream – or mix with 1-2 oz. of water to form a creamier topping – and enjoy!

Dama Stewart, Tennessee (USA)

Chapter 4: Snacks & Desserts

12 Layer Chocolate Fix Cake

Yield: 8 servings

Ingredients for Cake Layers

4 large egg yolks at room temperature 30 minutes
2 Tablespoons whole milk
½ teaspoon pure vanilla extract
¾ cup sugar, divided
½ cup all- purpose flour
¼ teaspoon Himalayan salt
2 large egg whites at room temperature 30 minutes

Ingredients for Soufflé Layers

6 oz. of Chocolate Fix
½ cup X2O water
5 large eggs separated, at room temperature 30 minutes
¼ teaspoon Himalayan salt
½ cup sugar divided
1 Tablespoon Chocolate Fix

Ingredients for Meringue Layers

2/3 cups slivered almonds or hazelnuts
3 large egg whites at room temperature 30 minutes
1/8 teaspoon Himalayan Salt
1/8 teaspoon cream of tartar
½ cup of sugar

Ingredients for Syrup

1/3 cup of X2O water
2 Tablespoons of sugar
1 teaspoon instant espresso powder (or espresso coffee)

For Filling

Coffee and Chocolate Fix Buttercreams

Preparation

First Step

Make Cake Layers

- Preheat oven to 350 degrees with rack in middle. Butter 1 sheet pan and line bottom with parchment paper, then butter parchment. Dust with flour, knocking off excess.
- Whisk together yolks, milk, vanilla, and ½ cup sugar in a large bowl until combined well, then whisk in flour and salt until smooth. (Batter will be thick.)

- Beat whites with an electric mixer until they just hold soft peaks. Beat in remaining $\frac{1}{4}$ cup of sugar, 1 tablespoon at a time, and beat until whites just hold stiff peaks.
- Fold $\frac{1}{3}$ of whites into batter to lighten, and then fold in remainder gently but thoroughly.
- Spread batter evenly in pan and rap against counter to release any air bubbles. Bake until cake is dry to the touch and pale golden, 10-11 minutes. (Leave oven on) Cool completely in pan on a rack
- Halve cake crosswise, cutting through parchment, to form 2 (10 by 7 $\frac{1}{2}$ inch) layers.

Second Step

Prepare soufflé layers while cake bakes

- Line second sheet pan with parchment paper.
- Mix Chocolate Fix with water.
- Beat yolks, salt, and $\frac{1}{4}$ cup sugar in a large bowl with an electric mixer at high speed until thick and pale, about 5 minutes with a stand mixer or 8 minutes with a handheld, fold in choc fix.
- Beat whites with cleaned beaters until they hold soft peaks. Beat in remaining $\frac{1}{4}$ cup sugar, 1 tablespoon at a time, and beat until whites just hold stiff peaks, about 5 minutes.
- Fold one third of whites into chocolate fix mixture to lighten, and then fold in remainder gently but thoroughly. Spread batter in lined sheet pan.

Bake soufflé layers

- Bake until puffed and a wooden toothpick inserted into center comes out with a few crumbs adhering, approximately 25 to 30 minutes. Transfer pan to rack, then cover top of soufflé with 2 layers of damp paper towels. Let stand 5 minutes. Remove towels and cool soufflé completely in pan (soufflé will deflate as it cools). Sprinkle Chocolate Fix over soufflé, and then loosen edges with a sharp knife.
- Halve soufflé crosswise, cutting through parchment, to form 2 (10 by 7 $\frac{1}{2}$ inch) layers.

Third Step

Make meringue layers

- Toast almonds or hazelnuts, and then cool.
- Reduce oven to 250 degrees F.
- Finely chop nuts.
- Beat whites with salt and cream of tartar using electric mixer until they just hold soft peaks. Beat in sugar, 1 tablespoon at a time, and beat until meringue is stiff but still glossy.
- Line bottom of third sheet pan with parchment, Put small dabs of meringue under corners of parchment to secure to baking sheets.
- Fold nuts into meringue and spread evenly in pan. Bake until set and pale golden, 25 to 30 minutes.

- Halve meringue crosswise, cutting through parchment to form 2 (10 by 7 ½ inch) layers. Return to oven and bake until crisp, 45 minutes to 1 hour more. Cool in pan, then peel off parchment.

Make syrup and assemble cake

- Bring water, sugar, and express powder to a boil, stirring until sugar has dissolved, cool.
- Loosen edges of 1 cake layer with a knife and invert onto a flat platter. Carefully peel parchment from cake and brush with some of syrup. Spread with 1 ¼ cups choc buttercream.
- Carefully invert 1 soufflé layer onto buttercream and peel off parchment, then gently spread with 1 ¼ cups of coffee buttercream. (*See recipe below.*)
- Repeat layering, ending with coffee buttercream (there will be some left over). Chill at least 1 hour (after that, wrap in plastic wrap). Bring to room temperature (about 1 hour) before serving.

Cook's Notes

Cake, soufflé and meringue layers can be baked 1 day ahead of assembly and kept, wrapped in plastic wrap at room temperature.

Assembled cake can be chilled up to 2 days.

Clyde Wilson, Virginia (USA)

12 Layer Chocolate Fix Cake



Photograph courtesy of Clyde Wilson

Coffee and Chocolate Buttercreams

Yield: Makes about 5 cups of coffee-flavored and 2 ½ cups of Chocolate Fix flavor.

Ingredients

2 cups sugar, divided
¾ cups X2O water (may have to add more)
6 large egg whites at room temperature 30 minutes
1 Tablespoon espresso powder
1 Tablespoon pure vanilla extract
½ teaspoon cream of tartar
¼ teaspoon Himalayan Salt
6 sticks of unsalted butter
6 oz. of Chocolate Fix

Equipment

A candy thermometer, a stand mixer with whisk attachment

Preparation

Bring 1 ¾ cups sugar and water to a boil in a 3-quart heavy saucepan over medium heat, stirring until sugar has dissolved, then wash down any sugar crystals from side of pan with a pastry brush dipped in cold water. Boil, without stirring, until it registers 220 to 225 degrees F, 15 to 20 minutes.

At this point, while continuing to boil syrup, beat whites with espresso powder, vanilla, cream of tartar, and salt in mixer at medium speed until they just hold soft peaks, Add remaining ¼ cup sugar, 1 tablespoon at a time, beating, and beat until whites just hold stiff peaks.

When syrup reaches soft-ball state (238 to 242 degrees F), immediately pour syrup in a slow stream down side of bowl into whites (avoid beaters) while beating at high speed. Beat until completely cool, 25 to 30 minutes. With mixer at medium speed, add butter 1 tablespoon at a time, beating well after each addition (see **Cook's Notes**) and until buttercream is smooth. (Mixture may look curdled before all butter is added but will come together at end.)

Transfer 2 cups of buttercream to a small bowl and stir in Chocolate Fix. If buttercreams are too soft to spread, chill, stirring occasionally.

Cook's Notes

If buttercream looks soupy after some butter is added, meringue is too warm: chill bottom of bowl in an ice bath for a few seconds before continuing to beat in remaining butter.

Buttercreams can be made 1 week ahead and chilled or 1 month ahead and frozen. Bring to room temperature (do not use a microwave), about 2 hours, and beat with an electric mixer until spreadable.

Also: the egg whites in this recipe are not fully cooked.

Clyde Wilson, Virginia (USA)

Chapter 5: Holiday Libations

Chapter 5: Holiday Libations

Festive Chocolate Fix Blend



Ingredients

1 packet of Chocolate Fix

½ - 1 cup ice

1 cup milk

½ - 1 full banana

1-2 shots of Banana Liqueur or Bailey's or Kahlua

Using a blender or Magic Bullet, mix the above ingredients. Blend until ice is chopped and serve. One or two servings, depending on the size of the blender or Magic Bullet.

Christina Dinner, Ontario (Canada)

APPENDIX

Appendix A: Chocolate Fix Mix™

Chocolate Fix Mix™

Chocolate Fix is a deliciously healthy chocolate drink mix you can enjoy hot or cold. Made with natural and organic ingredients, it delivers a whopping 5 grams of pure cocoa in every serving. Rich in polyphenols and flavanols (antioxidants), Chocolate Fix not only tastes great, it's a healthy, guilt-free treat for the entire family.



APPENDIX

Appendix B: X2O™

X2O™

X2O is an exclusive and unique nature-made mineral complex delivered in an easy-to-use sachet. It is found only one place on the earth, from a pristine ocean source near the Okinawan Islands. With countless testimonies from around the world, people are sharing transformations in their personal health that they directly attribute to X2O.



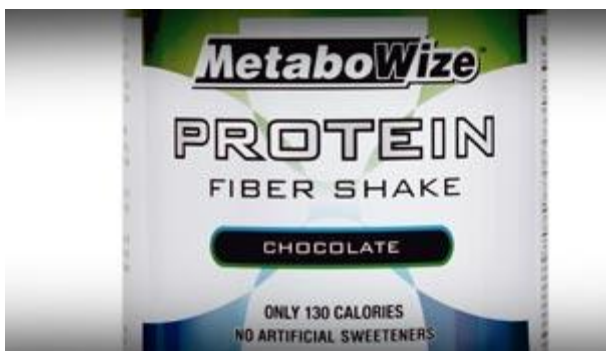
APPENDIX

Appendix C: MetaboWize™ Protein Fiber Shake

MetaboWize™ Protein Fiber Shake

The MetaboWize Protein Fiber Shake is a premium level formula that delivers outstanding results. With two classic flavors, Chocolate and Tropical Vanilla, MetaboWize Protein Fiber Shake contains 20 grams of high quality, easy-to-absorb protein that helps increase and maintain lean muscle mass while also promoting effective fat loss. In fact, the MetaboWize whey protein is derived from grass-fed cows which are not treated with antibiotics or growth hormones and it is virtually lactose and casein-free.

The one-of-a-kind specialized fiber blend within the MetaboWize shake consists of fibers that expand upon delivery to the stomach, ultimately helping to further curb appetite and cravings. The other fibers work as a food source for healthy bacteria, which are required to maintain optimal digestion, absorption of nutrients and proper elimination.



APPENDIX

Appendix D: FocusUP®

FocusUP®

FocusUP is setting the new standard for energy products. It is uniquely formulated with internationally-researched energetic nutrients and botanical ingredients that are designed to improve focus, memory, mood, concentration and mental performance. Available in both capsules and a great-tasting drink stick.



**YES! THERE REALLY IS
SUCH A THING AS A
HEALTHY,
GUILT-FREE
CHOCOLATE.**



Chocolate Fix
MIX

AVAILABLE EXCLUSIVELY FROM **XOONIA**
WORLDWIDE