MIGHTY FAST
HERBAL INFUSER™

MIGHTY FAST MUNCHIE MANUAL
By High & Mighty Enterprises, LLC

www.theherbalinfuser.com
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You are about to enter our Mighty Fast world... where herbal infusions and healthy clean eating collide or as we like to say...

**Welcome to High & Mighty Living!**

**Core Infusions**

“Because it’s all about the BASE”...

Welcome to the Mighty Fast Munchie Manual. Here is where you get to begin to explore all of the endless possibilities that can be created by the Mighty Fast Herbal Infuser. Base...ically the Mighty Fast Herbal Infuser will take a fat based or sugar based food source (butter, oil, sugar or alcohol) and integrate it with your herbs, thus creating a way to cook using an herbal base to create edibles.

The herbal base or as we call it, the core infusion is now the centerpiece of the recipe. The core infusions created by the Mighty Fast Herbal Infuser are the foundation on which all of our recipes for amazing infused edibles are built. These core infusions will produce an herbal experience that is consistently extraordinary. So lets begin...

**All of the recipes in the Mighty Fast Munchie Manual contain one of our core infusions;**

- Butter
- Coconut oil
- Tincture (glycerin or alcohol)
- Milk (regular dairy, coconut, almond or soy)

**2 options are available to infuse into all milks**

**Option 1:** Any variety of milk can be made in the infuser itself on the Mighty Fast 1 cycle

**Option 2:** Make a vegetable glycerin tincture first on the Mighty Long cycle. Then use the desired amount of tincture and put directly into the milk to be used.

- Sweetener (honey, maple syrup, agave)
- Nut butter

Any sweetener or nut butter can be infused by simply using a 1 tablespoon-1/4 cup infused coconut oil or vegetable tincture to 1 cup sweetener or nut butter. Another option for making infused peanut butter is by using 1-2 cups any variety of powdered peanut butter and adding 1/2 cup Mighty Fast coconut oil and a dash a sea salt.

*All milk, sweetener and nut butters can be made into Mighty Fast variety by adding 1 tablespoon-1/4 cup coconut oil or tincture to 1 cup milk, sweetener and nut butter. You can then substitute these for any milk, sweetener and nut butter in our recipes giving your edibles and extra dose of goodness.*
Please refer to the Mighty Fast Herbal Infuser “How to use guide” listed below.

1. **Decarboxylation (Decar)**
   - Set oven to 250°F
   - Place herbs (8-20 grams) in an oven-bag (on cookie sheet) or glass cooking dish
   - Put in oven for 25 minutes
   - Remove from oven and let cool

2. **Choose Core Infusion (Butter or Oil)**
   - Lift off top of infuser
   - Using butter or oil (both in liquid form)
   - Place a minimum of 2 cups up to 6 cups (Butter or Oil) into your Mighty Fast Herbal Infuser
   - Place cooled decarbed herbs into Mighty Fast Herbal Infuser
   - Add 1 to 2 tablespoons of liquid lecithin (sunflower or soy)
   - Replace top of infuser

3. **Choose Cooking Cycle**
   - Press Mighty Fast 1 (45 MINUTES) or
   - Press Mighty Fast 2 (90 MINUTES) or
   - Press Mighty Long (4 HOURS)
   - Infuser will cycle on and off throughout the infusion cycles

4. **Wait for Completed Infusion**
   - Unit will beep when cooking cycles are completed

5. **Filter / Strain Infusion**
   - After cooking cycle is completed
   - Unplug unit
   - Take top off
   - Using included strainer filter out herbs from oil/butter into bowl

6. **Mighty Clean**
   - Fill Mighty Fast Herbal Infuser half with water, add a couple drops of liquid dish detergent
   - Use a soft cloth to wipe the infuser clean
   - Press Mighty Clean to clean unit. No part of the infuser can be submerged in water

7. **Baking/cooking with Infusion**
   - Enjoy your Mighty Fast Herbal infusion with all your favorite Mighty Fast Munchies

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**Mighty Fast Herbal Infuser™**

**Buy Yours Today**

[www.theherbalinfuser.com](http://www.theherbalinfuser.com)
The Yellow Brick Road To Dosing For Herbal Edibles

This is the million dollar question...what is the right dose for making herbal edibles? Well the answer is currently...there is none.

It all depends on the genetic makeup of the herbs coupled with the complexity of the person consuming them. There is no direct launch to everyone’s “sweet spot.” This is where self regulation paired with some loose guidelines come into play. Without getting the herbs to be used tested by a laboratory for absolute accuracy of the exact makeup, it is impossible to come up with a definitive answer.

A basic rule of thumb:

- Dosing suggestion for butter and oil infusions use 8-12 grams of herbs per 4 sticks of butter (2 cups) and 2 cups of oil
- Dosing suggestion for milk is ½ gram per 1 cup
- Dosing suggestion for peanut or nut butters is 4 grams per 1 cup

Dosing suggestion for honey is 1 ounce/5 lbs honey * Mighty Alert* there is some controversy among the herbal community regarding honey infusions. Some say honey cannot be directly infused with herbs and must be mixed with herbed tincture (infused vegetable glycerin or alcohol). Others suggest otherwise. We believe it can be directly infused with a perfect outcome.

Dosing suggestion for alcohol is 8 grams per 750ml’s vodka * Mighty Alert* extra caution regarding proper dosing should be considered when mixing alcohol and herbs

If you’re in a pinch and don’t have a scale to accurately do measurements here’s a chart to use but it’s NOT an exact science so proceed at your own risk:

For dry ingredients:

| 3 teaspoons | 1 tablespoon | 1/2 ounce | 14.3 grams |
| 2 tablespoons | 1/8 cup | 1 ounce | 28.3 grams |
| 4 tablespoons | 1/4 cup | 2 ounces | 56.7 grams |
| 5 tablespoons | 1/3 cup+1 teaspoon | 2.6 ounces | 75.6 grams |
| 8 tablespoons | 1/2 cup | 4 ounces | 113.4 grams |
| 12 tablespoons | 3/4 cup | 6 ounces | .375 pound |
According to the above chart 8 grams would equal about 2 teaspoons and 12 grams would equal roughly 3 teaspoons which is the same as 1 tablespoon capeesh?

The safest and best advice to consumption of edibles is to start with a small amount, the size of a quarter. Wait an hour or two before ingesting additional edibles as they first have to go through the liver and digestive tract before effects can be felt. Once the effects are felt, expect to ride them out for 6-8 hours or perhaps until you sleep them off.

Armed with information makes for the best experience. The ingestion of herbal edibles produces a very different effect and makes for a very different experience than that of smoking. Ingesting edibles will give a “body” high that takes much longer to take effect and lasts much longer.

It’s always best practice to make sure that you are in a safe calm environment. Have on comfortable clothing. Have a large glass of orange juice available as it’s said that vitamin C can reduce the effects. Avoid caffeine from coffee, chocolate and soda along with alcohol and nicotine which can increase anxiety and nervousness. Have a cup of chamomile or lavender tea which is typically calming. A serotonin rich snack can help relax the body; bread with some peanut butter, pasta, bagel, turkey sandwich or a bowl of cereal. A cup of yogurt with banana and granola is filled with B vitamins and serotonin rich. It’s also very important to stay well hydrated. Water, coconut water or natural fruit juices can keep your body well hydrated. Relaxing music and a nap can also be used to ride out a dose that may not be just right.

*This is not professional or medical advice. It is meant to be used as merely a suggestion gathered from the copious amounts of information freely accessible today. It is ultimately up to the person making and consuming their own products to make sound judgement calls and act responsibly.
**Mighty Fast Basic Infusion Chart**

Read chart down columns:

<table>
<thead>
<tr>
<th>OILS</th>
<th>BUTTER</th>
<th>MILK</th>
<th>NUT BUTTER</th>
<th>SUGAR</th>
<th>ALCOHOL</th>
<th>GLYCERINE TINCTURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Cups</td>
<td>4 Sticks/2 cups</td>
<td>1 Cup</td>
<td>1 Cup</td>
<td>5 Pound jar</td>
<td>750 ML bottle</td>
<td>3 Cups</td>
</tr>
<tr>
<td>8-12 Grams</td>
<td>8-12 Grams</td>
<td>½ Gram of decarbed herb</td>
<td>4 Grams of</td>
<td>1 Ounce of</td>
<td>8 Grams of</td>
<td>7.5 Grams of</td>
</tr>
<tr>
<td>of decarbed</td>
<td></td>
<td></td>
<td>decarbed</td>
<td>decarbed</td>
<td>decarbed</td>
<td>decarbed herb</td>
</tr>
<tr>
<td>herb</td>
<td></td>
<td></td>
<td>herb</td>
<td>herb</td>
<td>herb</td>
<td>herb</td>
</tr>
<tr>
<td>Coconut oil</td>
<td>Of decarbed herb</td>
<td>Coconut milk canned</td>
<td>Peanut</td>
<td>Raw honey</td>
<td>Vodka</td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td>Grassfed regular, organic or grassfed salted</td>
<td>Coconut milk refrigerated</td>
<td>Almond</td>
<td>Maple syrup</td>
<td>Tequila</td>
<td>***See note below</td>
</tr>
<tr>
<td>Bacon fat</td>
<td>Ghee</td>
<td>Almond milk refrigerated</td>
<td>Cashew</td>
<td>Rum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sesame</td>
<td>Soy milk refrigerated</td>
<td>Sunflower seed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hemp or rice milk</td>
<td>Macadamia nut</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dairy milk-any percent</td>
<td>powdered peanut butter method with oil method/oil</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

***Tincture can be used to infuse into raw honey or maple syrup thus retaining all beneficial qualities of raw honey and pure maple syrup. Simply add 1 tablespoon-1/4 cup of glycerine tincture into 1 cup of raw honey or pure maple syrup. Then use in any Mighty Fast recipe that calls for honey or maple syrup.

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We are a company deeply rooted in the belief that the quality of food that we put into our bodies is directly related to our mental and physical well being. Therefore we always would love for our customers to opt for the “cleaner” versions of food. However we understand this shift may take time and that the urge to jump right in once you have purchased your Mighty Fast Herbal Infuser will take over. We have created these munchies giving you the option of the standard “traditional” ingredients or the “cleaner” ingredients. The choice is yours but the bottom line will be delicious edibles utilizing the amazing Mighty Fast Core Infusions.

A staple of any baker’s kitchen is a good non-stick cookie/ baking sheet or parchment paper to prevent sticking. It’s always an option to use 1 tablespoon of Mighty Fast butter or coconut oil to lightly grease baking sheet to prevent sticking.

### Basic shopping list:

<table>
<thead>
<tr>
<th>PANTRY ITEM</th>
<th>TRADITIONAL VERSION</th>
<th>CLEANER VERSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Cow’s milk regular or low fat</td>
<td>★ Organic cow’s milk&lt;br&gt;★ Refrigerated coconut or almond&lt;br&gt;★ Canned full or low fat coconut milk</td>
</tr>
<tr>
<td>Butter</td>
<td>Regular salted</td>
<td>★ Organic regular&lt;br&gt;★ Grassfed</td>
</tr>
<tr>
<td>Coconut oil</td>
<td>Regular</td>
<td>★ Organic</td>
</tr>
<tr>
<td>Vegetable glycerin</td>
<td>Regular</td>
<td>★ Organic</td>
</tr>
<tr>
<td>Sweeteners</td>
<td>White sugar</td>
<td>★ Raw cane sugar&lt;br&gt;★ Coconut sugar&lt;br&gt;★ Raw honey&lt;br&gt;★ Pure maple syrup&lt;br&gt;★ Agave syrup</td>
</tr>
<tr>
<td>All purpose flour</td>
<td>White flour or whole wheat</td>
<td>★ Almond meal&lt;br&gt;★ Cashew meal&lt;br&gt;★ Coconut flour&lt;br&gt;★ Rice flours</td>
</tr>
<tr>
<td>Chocolate chips</td>
<td>Regular milk or semi-sweet</td>
<td>★ Dark chocolate&lt;br&gt;★ Raw cacao chips</td>
</tr>
<tr>
<td>Cocoa powder</td>
<td>Regular</td>
<td>★ Organic raw cacao powder</td>
</tr>
<tr>
<td>Rice crispy cereal</td>
<td>Regular</td>
<td>★ Brown rice crispy cereal or sprouted puffed cereal</td>
</tr>
<tr>
<td>PANTRY ITEM</td>
<td>TRADITIONAL VERSION</td>
<td>CLEANER VERSION</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>---------------------</td>
<td>---------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Eggs</td>
<td>Regular</td>
<td>★ Organic</td>
</tr>
<tr>
<td>Vanilla or almond extract</td>
<td>Regular</td>
<td>★ Minimal ingredient with no artificial flavors</td>
</tr>
<tr>
<td>Salt</td>
<td>White table salt</td>
<td>★ White sea salt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>★ Himalayan pink salt</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>Regular</td>
<td>★ Organic peanut butter containing just peanuts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>★ Organic almond butter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>★ Organic cashew butter</td>
</tr>
<tr>
<td>Dried fruit (raisins, cranberries)</td>
<td>Regular</td>
<td>★ Organic no sugar added</td>
</tr>
<tr>
<td>Nuts</td>
<td>Peanuts</td>
<td>★ Organic almonds</td>
</tr>
<tr>
<td></td>
<td></td>
<td>★ Organic cashews</td>
</tr>
<tr>
<td></td>
<td></td>
<td>★ Organic sunflowers seeds, pumpkin seeds</td>
</tr>
<tr>
<td>Marshmallows</td>
<td>Regular</td>
<td>★ Organic made with grass fed gelatin</td>
</tr>
<tr>
<td>Gelatin</td>
<td>Regular</td>
<td>★ Grass fed beef or pork or agar</td>
</tr>
<tr>
<td>Fruit, fresh or frozen</td>
<td>Regular</td>
<td>★ Organic</td>
</tr>
<tr>
<td>Baking powder and baking soda</td>
<td>Regular</td>
<td>★ Organic</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Regular</td>
<td>★ Organic</td>
</tr>
</tbody>
</table>
**Chocolate Chip Cookies with Coconut Oil Or Butter**

- 1 ½ cups all purpose flour
- 2 tablespoons maple syrup
- ½ cup sugar
- 1½ teaspoons vanilla extract
- ½ cup Mighty Fast coconut oil
- 1 large egg
- 1 teaspoon baking soda
- ½ cup chocolate chips
- dash of sea salt on top of each cookie

Preheat oven to 350°Fahrenheit. Mix all dry ingredients together in a medium bowl including chocolate chips. Mix all wet ingredients in another bowl. Mix wet into dry ingredients just until combined. Drop by rounded teaspoon lightly pressing down to flatten cookie. Place only a few cookies on baking sheet at a time as the cookies will spread out while baking. Bake for 8-10 minutes or until cookies are lightly browned around edges. Remove from oven and allow to cool on cookie rack.
**Chocolate Chocolate Chip**

- 1 ½ cups all purpose flour
- ¼ cup cocoa powder
- ½ cup sugar
- 3 tablespoons maple syrup
- 1½ teaspoons vanilla extract
- 1 large egg
- 1 teaspoon baking soda
- ½ cup Mighty Fast butter
- ½ cup chocolate chips
- dash of sea salt

Preheat oven to 350°Fahrenheit. Mix all dry ingredients together in a medium bowl. Mix all wet ingredients in another bowl. Mix wet into dry ingredients just until combined. Drop by rounded teaspoon lightly pressing down to flatten cookie. Bake for 8-10 minutes or until cookies are lightly browned around edges. Remove from oven and allow to cool on cookie rack.

**Sugar Cookies**

- 2 cups all purpose flour
- ¾ cup sugar plus 2 tablespoons
- 1/2 cup Mighty Fast butter, softened or Mighty Fast coconut oil, solid but softened
- 1½ teaspoons almond or vanilla extract
- 2 eggs
- 1 teaspoon baking soda
- ½ teaspoon ground cinnamon

Preheat oven to 350°Fahrenheit. Mix all dry ingredients together in a medium bowl. Mix all wet ingredients in another bowl. Mix wet into dry ingredients just until combined. Drop by rounded teaspoon lightly pressing down to flatten cookie. Sprinkle additional sugar on top of cookies. Bake for 8-10 minutes or until cookies are lightly browned around edges. Remove from oven and allow to cool on cookie rack.
**Oatmeal Raisin**

- 1 cup oats ½ cup ground oats (in blender x 2 minutes or until it resembles a flour type powder)
- 1 teaspoon cinnamon
- ½ cup raisins or dried cranberries
- 1 teaspoon vanilla extract
- 1/2 cup Mighty Fast butter or Mighty Fast coconut oil
- 1 large egg
- 1 teaspoon baking soda
- 2 tablespoons maple syrup
- ¾ cup sugar
- ¼ teaspoon sea salt

Preheat oven to 350°Fahrenheit. Mix all dry ingredients together in a medium bowl. Mix all wet ingredients in another bowl. Mix wet into dry ingredients just until combined. Drop by rounded teaspoon lightly pressing down to flatten cookie. Sprinkle additional sugar and a dash of cinnamon on top of cookies. Bake for 8-10 minutes or until cookies are lightly browned around edges. Remove from oven and allow to cool on cookie rack.

**Peanut Butter**

- 1 cup nut butter of choice (peanut, almond, cashew)
- ½ cup Mighty Fast coconut oil
- 1 cup sugar
- 1 large egg
- ¾ cup all purpose flour or almond/cashew meal
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon
- ¼ teaspoon salt
- Optional add ins: ¼ cup chopped nuts, ¼ cup chocolate chips

Preheat oven to 350°Fahrenheit. Mix all dry ingredients together in a medium bowl. Mix all wet ingredients in another bowl. Mix wet into dry ingredients just until combined. Drop by rounded teaspoon lightly pressing down to flatten cookie. Bake for 8-10 minutes or until cookies are lightly browned around edges. Remove from oven and allow to cool on cookie rack.
**Granola**

- 1 cup oats
- ½ cup Mighty Fast coconut oil
- 1 cup combined nuts and dried fruit (walnut pieces, sunflower seeds, pumpkin seeds, almonds, raisins, dried cranberries)
- ¼ cup chocolate chips
- ½ cup nut butter
- ½ teaspoon vanilla or almond extract
- 1½ teaspoons cinnamon
- 1/3 cup maple syrup or honey

Preheat oven to 325° Fahrenheit. Combine all of the above ingredients. Spread mixture on cookie sheet greased with 1 tablespoon Mighty Fast coconut oil. Bake for 10-12 minutes. Remove from oven. Allow to cool.

**Banana Bread**

- 2 large eggs
- 4 very ripe bananas
- ½ cup Mighty Fast butter or coconut oil plus 1 tablespoon
- 1 teaspoon vanilla extract
- 1 ¼ cups sugar
- 1⅛ cups all purpose flour or 1 cup almond meal plus ½ cup coconut flour
- ¾ teaspoon baking soda
- ¼ teaspoon sea salt
- optional: ½ cup chocolate chips

Preheat oven to 350° Fahrenheit. Coat a loaf pan with 1 tablespoon butter or coconut oil. Mix eggs, bananas and melted butter or oil together. Mix all the dry ingredients in a separate bowl. Add wet to dry until well combined. Pour into loaf pan. Bake for 45-55 minutes or until toothpick inserted into middle comes out clean.
**Orange Cranberry Bread**

- 1 ½ cups flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup sugar plus 1 tablespoon
- ½ cup Mighty Fast coconut oil or butter, melted, plus 2 tablespoons
- 3 eggs room temperature, beaten
- 6 ounces full fat vanilla yogurt, greek or regular variety
- ½ teaspoon vanilla or almond extract
- 1 large orange
- ½ cup fresh or dried cranberries
- ½ teaspoon cinnamon

Preheat oven to 350° Fahrenheit. Grease loaf pan with coconut oil or butter. Mix together flour, baking powder and salt. Roll orange on counter back and forth several times to release the juices. Gently zest orange with hand held grater over flour bowl mixture. Only grate outer orange peel and stop when white part of orange is exposed. Mix together to incorporate zest. Slice orange in half and drain juice from freshly squeezed orange into large bowl. Use a fork or spoon in center of cut orange to help squeeze out all juice. Add sugar, eggs, yogurt, extract to freshly squeezed orange juice and mix to incorporate. Mix orange juice bowl to flour mixture and stir well. Add in cranberries. Using a rubber spatula, pour mixture into loaf pan. Sprinkle top of loaf with 1 tablespoon of sugar and ½ teaspoon cinnamon. SPlace in oven for 45-55 minutes or until toothpick inserted into middle comes out clean.

**Brownies with Peanut Butter Frosting**

- ¾ cup melted Mighty Fast coconut oil or butter plus 1-2 tablespoons
- 1 ¾ cup sugar
- 1 cup cocoa powder
- 1 cup all purpose flour or almond meal
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- ½ cup chocolate chips
- 3 large eggs- (room temperature for fluffy brownies or cold for chewy brownies)
- ¼ teaspoon sea salt
Peanut Butter Frosting

- 1/2 cup peanut butter
- 3 tablespoons Mighty Fast coconut oil
- 2 tablespoons sweetener (honey, maple syrup or agave)

Preheat oven to 350°Fahrenheit. Grease small baking pan with Mighty Fast oil or butter. Combine all dry ingredients into a bowl. Crack eggs into a different bowl and whisk to combine. In a another bowl combine sugar and butter together beating so mixture is light and airy. Add eggs to butter mixture. Fold in dry ingredients only until combined. Do not overmix. Transfer to greased baking pan. Bake for 20-30 minutes or until toothpick inserted into middle comes out clean. To make frosting simply mix all ingredients together. Spread on brownies once they are completely cooled then sprinkle a dash of sea salt and cinnamon on top.

Carrot Cake

- 2 cups all purpose flour
- 1 cup sugar
- ½ cup maple syrup
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 ½ teaspoons cinnamon
- ¼ teaspoon sea salt
- 1 cup Mighty Fast coconut oil, liquid form (not solid) plus 1-2 tablespoons
- 4 eggs room temperature
- 5 medium carrots, washed, peeled and grated
- optional: ¼ cup raisins and or ¼ cup chopped walnuts
**Cream Cheese Frosting**

- 8 ounce bar of cream cheese
- ½ cup Mighty Fast butter
- ½ cup maple syrup
- optional: ½ teaspoon vanilla extract and or ½ teaspoon cinnamon

Preheat oven to 350° Fahrenheit. Using 1-2 tablespoons of Mighty Fast coconut oil, grease large bundt pan (or large cake pan) and set aside.

In a large bowl combine all dry ingredients. In another bowl combine all wet ingredients except carrots and oil. Combine wet into dry. Fold in carrots and oil until well combined. Add in raisins and nuts if adding. Pour mixture into greased bundt pan. Bake 45 minutes or until toothpick inserted into middle comes out clean. Allow to cool well on wire rack before attempting to gently flip bundt pan over to remove cake. To make frosting simply combine all ingredients at room temperature together in a bowl. When cake is fully cooled, gently spread frosting all over. Sprinkle top with cinnamon and chopped walnuts.

**Chocolate, Marshmallow and Gummies**

**Chocolate Peppermints**

**Chocolate Layer:**

- 1 cup chocolate chips

Spray muffin tins with coconut oil. Melt chocolate chips in double boiler until fully melted. Spoon 1-2 tablespoons of chocolate sauce into muffin tins to fill bottom. Place in freezer while preparing peppermint layer.
Chocolate Peppermints

**Peppermint Layer:**
- 1 cup Mighty Fast coconut oil (solid form)
- 2 teaspoons peppermint extract (can substitute creme de menthe or peppermint schnapps if peppermint extract or oil is not available)
- **optional:** add 2-3 tablespoons sweetener (honey, maple syrup or agave)

Place coconut oil, peppermint extract and sweetener if using in a bowl and using the back of a spoon, mash coconut oil, extract and sweetener together until creamy and well combined.

Remove trays from freezer. Scoop 1-2 teaspoons of the peppermint layer on top of the frozen chocolate and gently push down to smooth it out. Place in freezer for 5 minutes or until peppermint appears hardened.

Remove trays from freezer and cover peppermint layer with 1-2 tablespoons of the chocolate sauce. Place back into freezer 5 minutes or until chocolate is hardened. Peppermint should be easily removed from tins with gentle prying.

Chocolate Nut Freezer Fudge

- ½ cup nut butter
- ½ cup Mighty Fast coconut oil plus 1 tablespoon
- ½ cup maple syrup
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- ½ cup cocoa or cacao powder
- 1/8 teaspoon sea salt
- **Optional:** 2 tablespoons chopped walnuts, raisins, chocolate chips

Mix all above ingredients together. Coat pan with 1 tablespoon coconut oil. Spread mixture into pan and place in freezer for 2 hours.
Chocolate Protein Balls

- 1 cup almond meal
- ½ cup Mighty Fast coconut oil
- 1/2 cup cocoa powder
- 1/2 cup chocolate protein powder
- ¼ cup chocolate chips
- ½ teaspoon cinnamon
- ¼ cup maple syrup
- 2 heaping tablespoons peanut butter
- 1 cup Mighty Fast chocolate sauce, melted

Mix all ingredients, except melted chocolate sauce, until well combined. Using a large spoon, roll into balls and place on flat plate. Place in refrigerator for 20 minutes or until chilled. Gently dip each ball into the chocolate sauce and place gently on wax paper. Place back in refrigerator or freezer for 10 minutes or until chocolate shell has hardened.

Baked Smores

- 1 ½ cups all purpose flour
- 2 cups graham cracker crumbs (crumple yourself or buy a box of crumbs)
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup Mighty Fast butter or coconut oil plus 1-2 tablespoons
- ½ cup sugar
- 1 egg, beaten
- 1 cup chocolate chips or ¾ cup Mighty Fast chocolate
- 1 teaspoon vanilla extract
- 10-15 large marshmallows

Preheat oven to 350°Fahrenheit. Grease small square baking pan with butter or oil. In a bowl combine all dry ingredients. In a separate bowl, whip together the butter and sugar until mixture is creamy. Next beat in the egg and vanilla extract. Mix wet bowl ingredients into dry bowl ingredients.

Pour half of the mixture into the greased baking pan and gently press down to form the bottom layer of crust. On top of the crust layer add the chocolate and marshmallows making sure to cover the entire layer with chocolate and marshmallows. Using the rest of the crumb mixture, spoon on top of the chocolate and marshmallows pressing down gently and covering the middle layer as best you can.

Place in oven and bake for 20-25 minutes until top is lightly browned. Remove from oven and cool on wire rack. Gently cut into squares and enjoy with a glass of Mighty Fast milk!
Cereal Treats

- 4-6 cups of crispy cereal; brown rice, whole grain or classic variety
- 1 10 ounce package marshmallows
- ½ cup Mighty Fast butter plus 2 tablespoons
- optional add ins: ½ cup peanut butter and or ½ cup Mighty Fast chocolate sauce

Grease a large cookie sheet with butter and set aside. In a large sauce pan over medium heat melt butter over medium heat. Stirring to make sure butter does not burn, add in marshmallows and mix gently until marshmallows are completely melted and combined with butter. Remove from heat and add in cereal mixing quickly so that cereal is well coated with marshmallow mixture. Using a rubber spatula lightly coated with butter to prevent sticking, spread mixture into cookie sheet and gently press down. Leave at room temperature on wire rack to cool. Once cooled drizzle warmed chocolate sauce and or peanut butter across top before cutting into bars.

Chocolate Sauce/Bars

- 1 cup cocoa powder or cacao powder
- 1 cup Mighty Fast coconut oil
- ½ cup - 1 cup pure maple syrup (depending on desired sweetness)
- optional add in's: 1 teaspoon vanilla extract, ½ teaspoon cinnamon, sprinkling of sea salt on top, dash of cayenne pepper, 1 tablespoon Mighty Fast nut butter

In a small saucepan over medium low heat, melt coconut oil. Add in cacao powder and maple syrup stirring until well combined. Remove from heat. Add in vanilla. Chocolate sauce is now ready to be used warm for dipping for fondue. May be left at room temperature to use on ice cream or other desserts or may be placed in refrigerator or freezer to harden into a chocolate bar.
**Peanut Butter Cups**

- 1 cup nut butter
- 1 cup Mighty Fast chocolate sauce, melted (see recipe above) or 1 cup chocolate chips plus ¼ cup Mighty Fast coconut oil

Using Mighty Fast coconut oil, grease muffin tins on bottoms and sides. If using chocolate chips- over a double boiler on medium heat, melt chocolate in pot stirring frequently to prevent burning. Once melted remove from heat and add in ¼ cup coconut oil.

Remove chocolate from heat source. Pour about 1-2 tablespoons of chocolate sauce into bottoms of muffin tins making sure that entire bottom is well coated. Place in freezer for 10 minutes. Remove from freezer and add in 1 tablespoon of nut butter on top of frozen chocolate bottom layer gently spreading to cover all of chocolate bottom. Place in freezer for 5 minutes. Remove tray from freezer and pour in 1-2 more tablespoons of chocolate sauce over each nut butter cup covering content of cup with chocolate. Place in freezer for 10 minutes. Remove and serve with a glass of Mighty Fast coconut or almond milk.

**Gummies**

- 1 cup frozen fruit (mango, strawberries, raspberries or banana)
- 1 cup all natural non citrus juice (cherry, blueberry or mango) or 1 cup Mighty Fast milk (coconut, almond or dairy)
- 1/3 cup grass fed gelatin
- ½ teaspoon vanilla extract
- 3-5 tablespoons maple syrup, honey or agave (depending on desired sweetness)
- 3 tablespoons Mighty Fast coconut oil
- 3 tablespoons sugar

Combine all ingredients including gelatin in a blender and puree until smooth. Pour mixture into small pan and heat on low medium for 10-12 minutes stirring frequently. Pour mixture into molds or glass baking dish that has been lightly coated with coconut oil. Allow to gel at room temperature until set (about 1 hour). Use cookie cutters to create shapes. Gently pry out of molds and sprinkle sugar on top of gummies.
**Apple Nachos**

- 4 medium red and green apples, cored and sliced
- ½ cup peanut butter
- ½ cup Mighty Fast chocolate sauce
- ¼ cup Mighty Fast coconut oil
- 1 teaspoon cinnamon
- ½ cup coconut shreds
- ¼ cup chopped almond slivers or chopped nuts

In a small pot over medium low heat melt peanut butter. Drizzle on top of apple slices. In the same pot over medium heat chocolate sauce and drizzle on top of apple slices. In same pot over medium heat melt coconut oil and drizzle on top of apple slices. Sprinkle coconut shreds, cinnamon and nuts on top.

**Milkshake**

- 1 cup Mighty Fast milk (dairy, almond or coconut)
- 1 frozen banana or 1 cup frozen strawberries
- ½ cup Mighty Fast chocolate sauce

In a blender mix all of the above until smooth and creamy.

**Muffins with Crumb Topping**

*Use this recipe and substitute in blueberries, cranberries and or chocolate chips*

- 1 ½ cups flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup sugar
- ½ cup Mighty Fast coconut oil or butter, melted, plus 2 tablespoons
- 3 eggs room temperature, beaten
- 6 ounces full fat vanilla yogurt, greek or regular variety
- ½ teaspoon vanilla or almond extract

1 cup fresh or dried blueberries, cranberries and or chocolate chips
Crumb Topping

- 2 teaspoons cinnamon
- ¼ cup sugar
- ¼ cup flour
- ½ cup Mighty Fast coconut oil or butter, melted

Preheat oven to 350° Fahrenheit. Grease muffin tins with coconut oil or butter. In a bowl, mix together flour, baking powder and salt. In a separate bowl mix together sugar, eggs, yogurt and extract. Mix together the flour mixture into egg mixture then gently mix in the melted coconut oil or butter and blueberries, cranberries and or chocolate chips just until well combined. Spoon mixture into muffin tins just until muffin cup is ¾ full. In a separate bowl stir together crumb topping ingredients until clumpy. Sprinkle about a tablespoon over the tops of each muffin.

Place muffin tin in oven and bake for 15 minutes or until toothpick inserted into center comes out clean. Let cool on wire rack. Gently remove muffins from tins taking care to keep crumb topping in place on muffin.