

AIP BREAKFAST BOWL TOPPINGS

Make things exciting! Use these toppings over AIP porridges and breakfast bowls to add flavor, texture, and nutrients.

- Acai Powder
- Apple Butter (homemade, with compliant ingredients)
- Apples, plain, diced or sliced
- Apples, sautéed in a pan with cinnamon and coconut oil
- Apple Sauce
- Apricots, diced or sliced
- Avocado, chopped or mashed
- Bananas, sliced
- Banana (Dried Chips), crumbled
- Beets, raw, shredded
- Blackberries
- Blueberries
- Cantaloupe, diced or sliced
- Carob Powder (or made into homemade carob chips)
- Carrots, shredded or grated
- Cherries, diced or sliced
- Cinnamon
- Coconut Butter (also known as coconut concentrate or manna)
- Coconut Cream
- Coconut, Flakes or Unsweetened Shredded
- Coconut Milk Yogurt (homemade preferable)
- Coconut Sugar
- Cranberries
- Dates, chopped
- Dragonfruit, diced or sliced
- Dried Apricots
- Dried Blueberries (make sure no sunflower oil)
- Dried cherries (make sure no sunflower oil)
- Dried Cranberries (make sure no sunflower oil)
- Fennel, chopped finely or sliced
- Fermented Apples and Raisins
- Figs, dried or fresh, chopped or sliced
- Freeze Dried Bananas
- Freeze Dried Mango
- Freeze Dried Peaches
- Freezes Dried Pineapple
- Freeze dried Raspberries
- Freeze Dried Strawberries
- Fresh Berries (except goji)
- Fresh Fruit, chopped or diced
- Frozen Fruits and Berries
- Ginger (ground or freshly grated/minced)
- Grapefruit, sliced or diced
- Grapes
- Honey
- Kiwi
- Lemon zest
- Lime zest
- Mace
- Mango, sliced
- Maple sugar
- Maple Syrup
- Melon, diced or sliced
- Mint
- Molasses
- Oranges, sliced
- Orange Zest
- Passionfruit, diced
- Peaches, sliced or diced
- Peach Butter (homemade, with compliant ingredients)
- Pears, sliced or diced
- Pear Butter (homemade, with compliant ingredients)
- Pineapple, diced or sliced
- Plantain Chips, crumbled
- Plums, sliced or diced
- Pomegranate Arils
- Raisins
- Raspberries
- Rhubarb, chopped or diced
- Roasted Beets, diced
- Roasted Strawberries
- Rosemary, chopped finely
- Sea Salt (large flake)
- Strawberries, diced or sliced
- Tigernuts (sliced or chopped)
- Tigernut butter
- Toasted Coconut (flakes or shredded)
- Turmeric (ground or freshly grated/minced)
- Vanilla Powder (grain-free, sugar-free)
- Watermelon (without seeds), chopped

