

AIP COCONUT "CREAM" PARFAITS



These breakfast parfaits are quite easy to make, are a great make-ahead option, are portable, can easily be doubled, and can be varied to your heart's content. They also make a good snack if you need a bit of a pick-me-up during the day. Serve these with a piece of breakfast sausage or a small salad to round out your meal.

The base recipe:

- 1 x 13.5 oz Can of Coconut Milk (you can use 2 cups Tigernut Milk as a coconut-free alternative)
- 1 tsp Maple Syrup or Honey
- 1 tsp - 1 tbs gelatin (depending on how thick you want it)

Pour the can of coconut milk and the maple syrup/honey into a small saucepan. Sprinkle the gelatin over the coconut milk and let it sit for at least 1 minute. Then whisk into the milk and heat the mixture over medium heat until hot to the touch.

Pour the mixture into a glass container (a pint sized Ball canning jar works well for most of these), and place into the fridge for at least 4 hours.

After the mixture has thickened and set, dole out into individual containers and add toppings!

Notes: The picture above was made with 1 tbs gelatin per 1 x 13.5 oz Can Coconut Milk. It's really thick, like a panna cotta or coconut milk "jello". If you want it to be more like a yogurt, just use 1 tsp of gelatin.

The Variations:

These are fun ways to flavor and customize your parfait base. You could just do the base, and it will taste like coconut milk. But these will give zing and zest to your morning!

Berry Cinnamon:

When you are adding the coconut milk to the base recipe, add 1 tsp Cinnamon and whisk.

Top with either fresh or thawed, frozen berries and sliced tigernuts.

Carrot Cake

**This requires a blender*

Instead of directly pouring the coconut milk into the saucepan, pour the coconut milk, maple syrup, gelatin, plus 1 Carrot, chopped + 1 tsp cinnamon + 1/4 tsp ground ginger + 1/4 tsp nutmeg + 1/4 tsp ground cloves into a blender. Blend until smooth, then pour into the small saucepan and heat until hot to the touch. Pour into a glass container and refrigerate for at least 4 hours.

Top with raisins + diced apple or diced pear + a drizzle of honey + dash of cinnamon

"Chocolate" Banana

**This requires a blender*

Instead of directly pouring the coconut milk into the saucepan, pour the coconut milk, maple syrup, gelatin, plus 1 tbs Carob Powder and 1/2 of a banana into a blender. Blend until smooth, then pour into the small saucepan and heat until hot to the touch. Pour into a glass container and refrigerate for at least 4 hours.

Top with fresh bananas or dried banana chips and shredded unsweetened coconut.

Pumpkin Pie

Use either a blender or a whisk for this:

With the coconut milk, maple syrup and gelatin, mix 1 cup Pumpkin puree + 1 tsp cinnamon + 1/2 tsp mace + 1/2 tsp ground ginger.

Heat until hot to the touch. Pour into a glass container and refrigerate for at least 4 hours.

Top with sliced fresh figs, pomegranate arils, and/or diced apples that have been sautéed in a pan with cinnamon and coconut oil until soft.

Orange Creamsicle:

When you are adding the coconut milk to the base recipe, add 1/2 cup Orange Juice and whisk.

Top with pomegranate arils and unsweetened shredded coconut.

Mango Kiwi:

*This requires a blender

Instead of directly pouring the coconut milk into the saucepan, pour the coconut milk, maple syrup, gelatin, plus 1 cup diced fresh or frozen Mango into a blender. Blend until smooth, then pour into the small saucepan and heat until hot to the touch. Pour into a glass container and refrigerate for at least 4 hours.

Top with sliced kiwi, diced fresh (or thawed frozen) mango, and unsweetened shredded coconut.

Golden Milk:

When you are adding the coconut milk to the base recipe, add 1/4 tsp dried Turmeric + 1/4 tsp ground Ginger + 1/8 tsp Cinnamon and whisk.

Top with raisins, sliced bananas and sliced tigernuts.

Vanilla:

When you are adding the coconut milk to the base recipe, add 1/2 tsp Unsweetened Vanilla Powder and whisk.

Top with fresh berries.

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