

AIP DIET BREAKFASTS

Michele Spring

Owner of Thriving On Paleo

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Photography, styling, design and recipes by Michele Spring



Welcome to the AIP Breakfasts Book! In these pages you'll find a ton of ideas to make your morning meals just as satisfying as they were pre-AIP, if not even more so!

You'll find recipes and meal ideas with tons of tips on making dishes ahead of time and spending the least amount of time in the kitchen.

I had SO much fun coming up with these and think you'll have as much fun eating them.

The recipes in this book are compliant for the Paleo Autoimmune Protocol (AIP diet) as designed by Dr. Sarah Ballantyne. This means each of the recipes are free from grains, gluten, dairy, eggs, legumes, nightshades, nuts, seeds, preservatives, gums, and the other AIP eliminated foods.

I want to encourage you to look at leftovers as a perfect breakfast option, as well as any dish you'd typically see as a lunch or dinner. On AIP the lines get blurred and you can eat anything at any time! It's really quite freeing if you think about it - not being constrained to certain things at certain times.

However, I know from experience that there are days when dinner-for-breakfast just doesn't cut it and darn it, you want a breakfast-y meal! That's what this book is for. Ideas, recipes, and guidance to make sure you have a wide variety of delicious meals to keep you interested and motivated.

As a health coach I do feel I must warn you that if you're on AIP to heal, do not get caught up in having the sugary treats (such as those found in the Lazy Weekends and Baked Goods section) on a regular basis. They are meant to be special occasion treats and not something to have every day. However, do please ENJOY them when you do have them - AIP is not about deprivation but balancing the nutrient dense foods with the treats we find so much pleasure in so we can feel better overall.

I hope you enjoy these recipes! Be sure to tag me on Instagram if you make any of these dishes! You can find me @thrivingonpaleo



SECTIONS

Tap or click a section to

Page	Section
6	Everyday Breakfasts
47	Soups
63	Lazy Weekends
74	Baked Goods
94	Instead of Coffee
109	Breakfast Toppings
125	Smoothies
130	DIY Milks
136	Meal Ideas
153	Index
158	Visual Index





EVERYDAY BREAKFASTS

P	age	Recipe
	8	Spiced Carrot Porridge
	10	Sweet Potato Bowl
	12	Apple Cauliflower Porridge
	14	Cauliflower Berry Hot Porridge
	16	Baked Tigernut Porridge
	18	Pumpkin Pie Parfaits
	20	Mango Kiwi Parfait
	21	Other Parfait Variations
	24	Mint Avocado Pudding
	26	Nourishing Breakfast Bowl
	28	Veggie Sheet Pan Breakfast
	30	Root Veggie Hash
	32	Sweet Potato and Apple Hash
	34	Caramelized Onion and Bacon Quiche
	36	Coconut Yogurt
	37	Sautéed Mushrooms
	39	Maple Blueberry Sausage
ght	41	Apple Thyme Chicken Sausage
	42	Sage Breakfast Sausage Seasoning
	44	Sweet Potato Toast



SPICED CARROT PORRIDGE





3-4 Servings 40 minutes



Tap to Watch



INGREDIENTS

- 8 medium Carrots
- 1 small head Cauliflower
- 1 tsp Cinnamon
- 1/2 tsp ground Ginger
- 1/4 tsp Mace
- 1 tsp Vanilla Powder
- 1.5 cups Coconut Milk, Tigernut Milk or Banana Milk
- 1 tbsp Maple Syrup

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** Toppings List on Pg. 110 for

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DIRECTIONS

Cut the carrots and cauliflower into small chunks and then steam for 30 minutes.

Put into a blender, food processor, or large bowl to use with a hand immersion blender.

Add the rest of the ingredients and blend until smooth.

Serve.



Make Ahead:

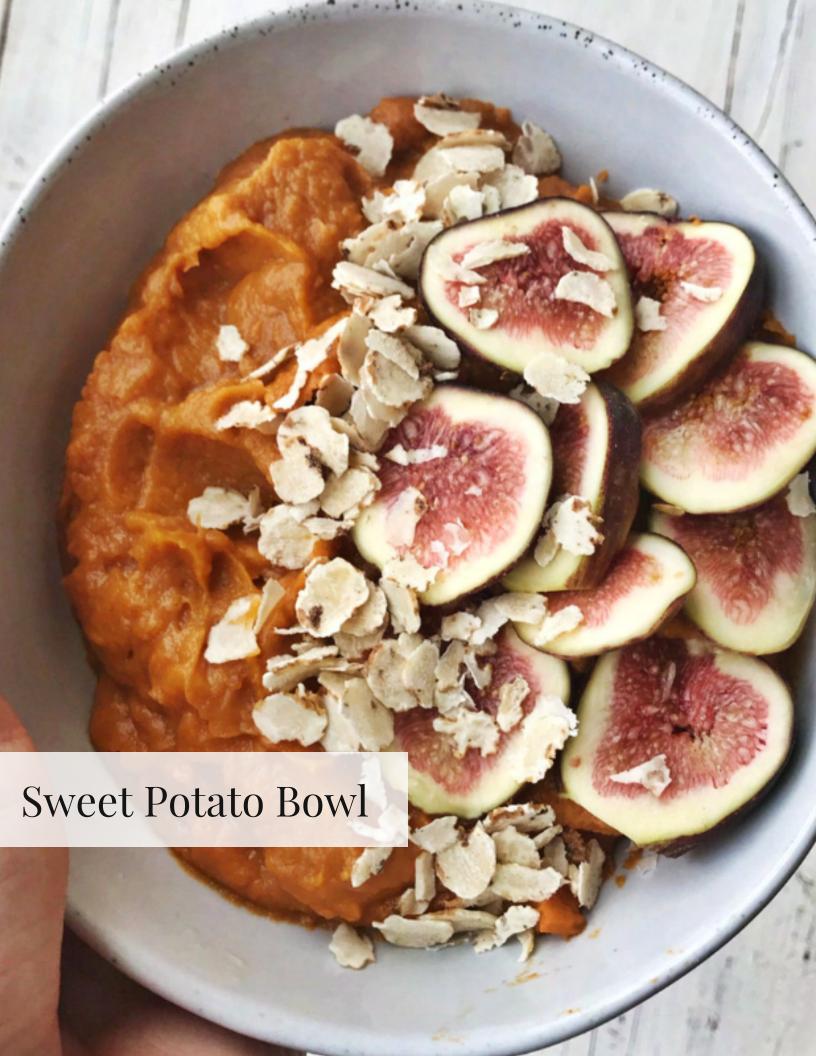
Make up to 5 days ahead of time and store in the fridge. It can be eaten cold or warm.

You can also freeze this in individual portions and either thaw overnight in the fridge and rewarm it in the morning or cook from frozen in the microwave or a small saucepan on the stove.



Substitutions:

If carrots aren't your thing, diced and peeled butternut squash, pumpkin, or sweet potato also could be used instead. Or maybe try parsnips as they're a slightly sweet root vegetable that imparts a different flavor than carrots.



SWEET POTATO BOWL



1 Bowl



Depends -20-60 min



YouTube Tap to Watch



INGREDIENTS

- 1 medium/large Sweet Potato
- 1 tbsp Coconut Oil
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- Optional: 1 scoop Collagen Powder
- Optional: 1/4-1/2 cup of Coconut Milk, Tigernut Milk, or Banana Milk

** Use the Breakfast

Toppings List on Pg. 110 for

ideas to put on top!

Make ahead:

This can be made up to 5 days ahead of time and just reheated as necessary.

You can also freeze the cooked and mashed sweet potatoes for up to 6 months as well. I recommend placing individual servings directly in freezer-safe containers or bags or into Souper Cubes or silicone muffin trays and then pop out and freeze in a bag or container. When you need them, thaw overnight in the fridge and reheat or quickly cook from frozen in a saucepan over medium heat. (Take out of the bag or container first)

DIRECTIONS

To make, cook your sweet potato in **one of** the following ways:

Instant Pot: Put the steamer rack in the bottom of the Instant Pot liner and add 1 cup of water.

Poke holes in the sweet potato with a knife or fork and if necessary, cut into pieces small enough to fit into the Instant Pot. Turn the valve to "sealing" and hit "Manual" and set to 18 minutes for a small sweet potato, 22 for a medium sized one, and 25 for a large sized one. Quick release when done.

Carefully remove the potato from the IP, remove the peel and place in a large bowl with the other ingredients. Use an immersion blender or potato masher to mash together. Serve with desired toppings.

Stovetop: Peel and cut the sweet potato into 1-inch cubes. Either bowl in a pot of water for 15 minutes (or until tender) or steam in a steamer basket for 10-15 minutes (until tender). Carefully place the sweet potato into a large bowl with the other ingredients. Use an immersion blender or potato masher to mash together. Serve with desired toppings.

Oven: Preheat the oven to 425 F. Prick holes all over the sweet potato with a fork or knife and set into the oven (either on a baking sheet or dish or directly onto the oven rack). Bake until tender, about 45-50 minutes. Carefully remove the potato from the oven, remove the peel and place in a large bowl with the other ingredients. Use an immersion blender or potato masher to mash together. Serve with desired toppings.



Additional Tips:

This recipe calls for Collagen Powder, which is similar to gelatin, but does not have to be heated. It's a protein source that'll help keep you fuller longer and provide nutrients. You'll want to make sure you get collagen and NOT gelatin as gelatin will make the texture weird if you make this ahead of time and let it cool.



APPLE CAULIFLOWER PORRIDGE







INGREDIENTS

- 1 Apple
- 1/2 head Cauliflower (or 2 cups Frozen florets)
- 1 tsp Cinnamon
- 1 tbsp Maple Syrup or Honey
- Optional: 1 scoop Collagen
 Powder

** Use the Breakfast

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Toppings List on Pg. 110 for

Toppings to put on top!

Ideas to put on top!

DIRECTIONS

Put a small pot of water on to boil. Core and dice the apple (no need to peel) and cut the cauliflower into florets if not already done. Add the apple and cauliflower to a steamer basket and place over the boiling water.

Steam for 15 minutes, then remove and carefully place into a blender (or a large bowl if using a stick immersion blender). Add the remaining ingredients and then blend.



Additional Tips:

I love this served with a drizzle of 30-second Tigernut Butter, shredded coconut, and fresh fruit (pictured are fresh plums).



Additional Tips:

This recipe calls for Collagen Powder, which is similar to gelatin, but does not have to be heated. It's a protein source that'll help keep you fuller longer and provide nutrients. You'll want to make sure you get collagen and NOT gelatin as gelatin will make the texture weird if you make this ahead of time and let it cool.



Make ahead:

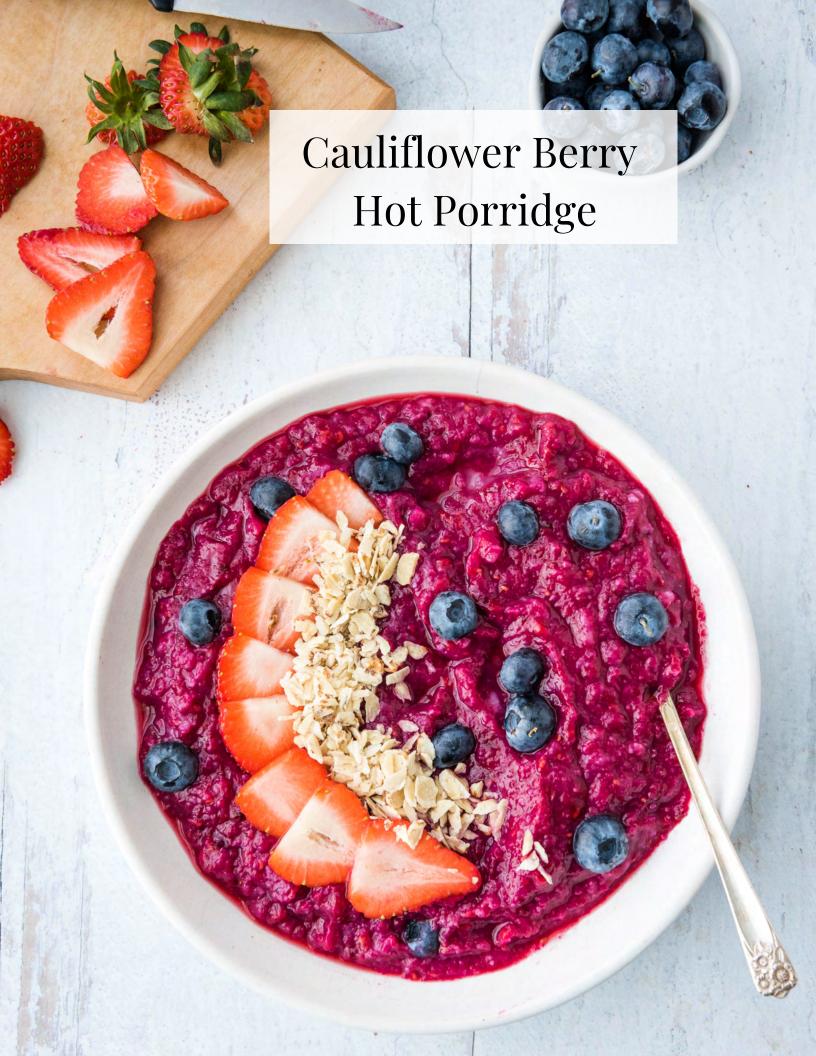
This can be made up to 5 days ahead of time and just reheated as necessary.

You can also freeze this in individual portions and either thaw overnight in the fridge and rewarm it in the morning or cook from frozen in the microwave or a small saucepan on the stove.



Substitutions:

You can replace the apple with a pear to give it a slightly different flavor, but it's still delicious.



CAULIFLOWER BERRY HOT PORRIDGE





20 min



Coconut-free

INGREDIENTS

- 1 cup mixed Frozen Berries
- 1/2 head Cauliflower (or 2 cups
 Frozen florets)
- 1/2 medium Zucchini, peeled and diced or shredded
- 1 tbsp Maple Syrup or Honey
- Optional: 1 scoop Collagen
 Powder



Make ahead:

This can be made up to 5 days ahead of time and just reheated as necessary.

You can also freeze this directly into freezer bags or containers in individual portions or into 1-2 cup Souper cubes or silicone muffin trays, then popping out once frozen and storing in a freezer bag or container. Then when you need to eat it, either thaw overnight in the fridge and rewarm it in the morning or cook from frozen in the microwave or in a small saucepan on the stove until your desired temperature.

DIRECTIONS

Put a small pot of water on to boil. Cut the cauliflower into florets if not already done. Add the cauliflower to a steamer basket and place over the boiling water.

Steam for 15 minutes.

Meanwhile, either cook the berries in a small saucepan over medium heat until soft (about 5 minutes) or put in a microwave safe container and cook on high for 1 minute, stir, and then cook an additional minute.

Once the cauliflower is done, remove it from the steamer and carefully place into a blender (or a large bowl if using a stick immersion blender). Add the berries, zucchini, maple syrup, and collagen if desired and blend until mostly smooth.

Reheat in a small saucepan if it's not as hot as you'd like it to be.

T

Additional Tips:

I photographed this with fresh berries and sliced tigernuts.



Additional Tips:

The zucchini is not necessary for this recipe, it just gives it a bit more nutritional value without any different flavor. You can use summer squash as well or just omit it if you don't have any.

During the summer I love to shred and freeze zucchini into ice cube trays. Once they're frozen I'll remove them from the trays and store in a freezer-safe container and throw into things just like this throughout the winter months.



Additional Tips:

This recipe calls for Collagen Powder, which is similar to gelatin, but does not have to be heated. It's a protein source that'll help keep you fuller longer and provide nutrients. You'll want to make sure you get collagen and NOT gelatin as gelatin will make the texture weird if you make this ahead of time and let it cool.

Baked Tigernut Porridge



BAKED TIGERNUT PORRIDGE





INGREDIENTS

- 1 cup sliced Tigernuts
- 1.5 tsp Cinnamon
- 1/4 tsp Mace
- 1/4 tsp Ginger
- 1/8 tsp Sea Salt
- 1 cup Canned Pumpkin or cooked and mashed Sweet Potato
- 1 cup Coconut, Tigernut, or Banana
 Milk
- 1 tbsp Maple Syrup
- 1 tsp Vanilla Extract

** Use the Breakfast

** Use the Breakfast

Toppings List on Pg. 110 for

Toppings to put on top!

Ideas to put on top!

DIRECTIONS

Note: This is a crunchy porridge - the tigernuts don't get very soft, but it's delicious nonetheless!

Preheat the oven to 350 F.

If your tigernuts are in big slices, pulse them in a food processor a few times to make them into smaller pieces resembling oats (the tigernuts will still be chewy/crunchy after baking, so this makes them not so crazy noticeable).

Mix all of the ingredients in a large bowl, then pour into a small baking dish (I use a ceramic bread loaf pan, but it doesn't matter what you use as it doesn't hold any shape).

Bake for 30 minutes.

Let cool for 10 minutes, then either serve or refrigerate for later.



Serve these with caramelized bananas! (Recipe pg. 114)

Make ahead:

Make up to 5 days ahead of time and store in the fridge.

Substituions:

Can't do tigernuts? Coconut flakes could work well here too instead.



PUMPKIN PIE PARFAIT





4 Parfaits 4 hrs 10 min



Tap to Watch



INGREDIENTS

- 2 cups Coconut Milk, Tigernut Milk, or Banana Milk
- 1 cup canned Pumpkin
- 1 tsp Maple Syrup or Honey
- 1 tsp 1 tbs Gelatin (see tips)
- 1 tsp Cinnamon
- 1/2 tsp ground Ginger
- 1/2 tsp Mace

** use the Breakfast

Toppings List on Pg. 110 for

ideas to put on top!

DIRECTIONS

Whisk all of the ingredients together in a saucepan. Heat until hot to the touch. Pour into a glass container and refrigerate for at least 4 hours.

Optional: Top with any desired toppings. In this picture, I used the Sautéed Apples and Raisins (recipe pg. 122)



Additional Tips:

1 tsp of gelatin will make it a lot looser, more like yogurt and in fact can be substituted for any of the coconut yogurt recipes in this book.

1 tbsp will make it a lot thicker, more like a panna cotta.

Both options are good, it just depends on what you like and/or are in the mood for. Yogurt-y or something to sink your teeth into?



Additional Tips:

The texture of this definitely is best with either the coconut milk or tigernut milk, but can be done with the banana milk as well. I'd add an 1/8 tsp or so of lemon or lime juice to the banana milk mixture to help prevent discoloration.



Make ahead:

Make up to 5 days ahead of time. This is highly portable!



Substitutions:

Use powdered Agar Agar instead of gelatin for a Vegan or Vegetarian version



MANGO KIWI PARFAIT





INGREDIENTS

- 2 cups Coconut Milk, Tigernut
 Milk, or Banana Milk
- 1 tsp Maple Syrup or Honey
- 1 tsp 1 tbs Gelatin (see tips)
- 1 cup Mango (peeled and cubed either fresh or frozen is fine)

For the topping:

- 1 Kiwi (peeled and diced)
- 1 Mango (peeled, pit removed, and diced)
- 1 tbsp Toasted Coconut Flakes or shredded, unsweetened Coconut flakes (omit for coconut-free)

DIRECTIONS

Put all of the ingredients for the base into a blender and blend until smooth (about 1 minute).

Transfer the mixture to a small saucepan and cook over medium-low heat until the mixture is hot to the touch, about 3-5 minutes.

Pour the mixture into small containers (whatever you plan on serving them in – or you can use a larger container if you're just going to scoop out a little each time). Put into the refrigerator and chill for at least 4 hours to set up. Once the mixture is set up, prepare the toppings and serve!



Additional Tips:

1 tsp of gelatin will make it a lot looser, more like yogurt and in fact can be substituted for any of the coconut yogurt recipes in this book.

1 tbsp will make it a lot thicker, more like a panna cotta.

Both options are good, it just depends on what you like and/or are in the mood for. Yogurt-y or something to sink your teeth into?



Additional Tips:

The texture of this definitely is best with either the coconut milk or tigernut milk, but can be done with the banana milk as well. I'd add an 1/8 tsp or so of lemon or lime juice to the banana milk mixture to help prevent discoloration.



Make ahead:

Make up to 5 days ahead of time and store in the fridge. This is highly portable!



Substitutions:

Use powdered Agar Agar instead of gelatin for a Vegan or Vegetarian version.



OTHER PARFAIT FLAVORS:

The Base Recipe

- 2 cups Coconut Milk, Tigernut Milk or Banana Milk (see tips on previous page)
- 1 tsp Maple Syrup or Honey
- 1 tsp 1 tbsp gelatin (depending on how thick you want it, see tips on previous page)

Pour milk and the maple syrup/honey into a small saucepan. Sprinkle the gelatin over the 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!

The Variations

BERRY CINNAMON

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

Topping idea: Either fresh or thawed, frozen berries and sliced tigernuts



ORANGE CREAMSICLE

When you are adding the milk to the base recipe, add 1/2 cup orange juice and whisk.

Topping idea: Pomegranate arils and unsweetened shredded coconut

"CHOCOLATE" BANANA

*This requires a blender.

Instead of directly pouring the milk into the saucepan, pour the 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.



Topping idea: Fresh sliced bananas or dried banana chips and shredded unsweetened coconut

CARROT CAKE

*This requires a blender

Instead of directly pouring the milk into the saucepan, pour the milk, maple syrup, gelatin, plus 1 chopped Carrot + 1 tsp cinnamon + 1/4 tsp ground ginger + 1/4 tsp mace + 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.



Topping idea: Raisins + diced apple or diced pear + a drizzle of honey + dash of cinnamon

GOLDEN MILK

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

Topping idea: Raisins, sliced bananas, and sliced tigernuts.



VANILLA

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

Topping idea: Fresh berries.



MINT AVOCADO PUDDING





INGREDIENTS

- 1 Avocado
- 1/2 cup Coconut, Tigernut, or Banana Milk
- 10 fresh Mint Leaves
- 1 tbsp Maple Syrup or Honey

* Remember to add * Remember to add to poings on breakfast toppings on breakfast toppings on breakfast toppings on pg. 110 if desired!!

DIRECTIONS

Remove the flesh of the avocado and put it in a blender, food processor or large bowl.

Add the rest of the ingredients and blend, process, or use a stick immerison blender until smooth.

T Additional Tips:

Pudding for breakfast? Why not? I like to use this as one component of a bowl of a bunch of different things. For example, with some breakfast sausage and a portion of one of the following breakfast hashes.

T Additional Tips:

You could add a tablespoon of carob powder to make this a "Mint Chocolate" pudding.

T Additional Tips:

This picture has the pudding topped with "Chocolate" Tigernut Granola

Make Ahead:

You can make this up to 3 days ahead of time. It may turn brown as avocados do, but just remove the brown parts and stir.



NOURISHING BREAKFAST BOWL





2-3 Bowls 20 minutes



INGREDIENTS

- 1 tbsp Coconut Oil, Avocado Oil,
 Olive Oil, or other fat
- 8 oz pre-sliced Baby Bella or Crimini Mushrooms
- · 2 cloves Garlic, minced
- 1 tsp Fresh Thyme (or 1/4 dried)
- 1 lb ground Chicken or Pork
- a pinch each of: Sea Salt, Garlic Powder, Onion Powder, dried Oregano, Cinnamon, Turmeric, and Sage
- 1/2 bunch Kale, diced
- · 4 Radishes, sliced
- 1 Avocado, sliced

DIRECTIONS

Warm the oil in a large saucepan or stockpot over medium heat. Add the mushrooms, garlic, and thyme and saute until the mushrooms have released most of their liquid, about 10 minutes.

Meanwhile, heat another pan, over medium heat, add the ground chicken or pork and brown. Once browned, add the spice blend and mix thoroughly.

Once the mushrooms are done, remove them from the pan (don't wash the pan) and then add the kale to the pan over medium heat. Stir for a few minutes until wilted.

Assemble the bowls by dividing the sausage mixture, kale, and mushrooms evenly between the portions. Add the sliced avocado and radishes and serve.



Additional Tips:

This is a great breakfast to share with your family - add eggs for anyone who can tolerate them.



Make Ahead:

You can make the sausage mixture and slice the veggies up to 5 days ahead, but I'd cook the mushrooms and kale to order as they'll get mushy.



Substitutions:

If you have Primal Palate's Breakfast Blend you can use 1 tsp of that instead of the herbs mentioned for the meat.

Use any ground meat that you prefer.

You can substitute the kale with chard or spinach.



VEGGIE SHEET PAN BREAKFAST









Coconut-free

45 min 2 Servings

INGREDIENTS

- 1 Sweet Potato, peeled and diced
- 15 Brussels Sprouts, halved
- 1 Apple, cored and diced
- 2 Parsnips, peeled and diced (or carrots)
- 8 oz sliced Mushrooms
- 2 tbsp Olive Oil
- 1 tsp dried Thyme
- big pinch Sea Salt
- 1 bunch Kale, woody stem removed and chopped

For the Stewed Berries

- 1 cup Mixed Berries, fresh or frozen
- 1.5 tsp Maple Syrup
- 1/8 cup Water

Make ahead:

Prep and roast up to 4 days ahead of time. If you'd rather have it freshly cooked you could also just prep the veggies ahead of time and then roast right before serving.

If making the stewed berries, that can also be made up to 4 days ahead of time. Store separately from the roasted veggies.

DIRECTIONS

Preheat the oven to 425 F. Line a sheet pan with parchment paper.

Prepare the veggies as indicated (peeling, dicing, etc), and then put the sweet potatoes, brussels sprouts, apple, parsnips, and mushrooms on the sheet pan.

Drizzle the veggies with olive oil and then sprinkle with the thyme and sea salt. Toss to coat. Roast for 30 minutes, adding the chopped kale to the sheet pan in the last 10 minutes.

Meanwhile, put the ingredients for the stewed berries in a small saucepan and bring to a boil, then simmer uncovered for 20 minutes.

Serve warm. Especially good when served drizzled with the stewed berries for a sweet and tangy flavor punch.



Additional Tips:

Mix up the veggies! This is just an example of what you can do, but try different veggies too. Sliced fennel would make a great addition, diced carrots, turnips, kohlrabi, butternut squash, and acorn squash would also be great. And if you don't like kale, skip it!



Additional Tips:

If serving this for others not on AIP, a fried egg on top could be a great addition (or do that yourself once you've reintroduced eggs!)



Additional Tips:

This is a meatless meal but you could add a sausage patty, some bacon, or some other form of meat to add some protein.



ROOT VEGGIE HASH





TIME 50 min



INGREDIENTS

- 2 tbsp Coconut, Avocado, or Olive Oil
- 1 large Sweet Potato, peeled and diced
- 3 large Carrots, cut into 1/4-inch discs
- 1 Zucchini (Courgette), cut into 1/2inch cubes
- 3 Beets, peeled and diced into 1/2-inch cubes
- 1 Onion, diced
- · 2 cloves Garlic, minced
- 1 tsp Sea Salt
- 1 lb Ham, cut into 1/2-inch cubes (make sure compliant ingredients - some sugar and celery salt is OK *see notes in Substitutions below)

For the Dressing

- 2 tbsp Olive Oil
- 1 tbsp Honey
- 1 tbsp Lemon Juice
- 1 tsp fresh Dill, minced (or dried dill)



Substitutions:

If you can't find compliant ham, then a cooked ground, cubes, or shredded meat like chicken or steak would also work.

*Look for the smaller hams in the "cooked meats" section, like where hot dogs and cold cuts are. They are often more readily compliant than the big ones

DIRECTIONS

Preheat the oven to 425 F. Line a baking sheet with parchment paper.

Prepare the veggies according to the directions and place in a large bowl with the ham, olive oil and salt. Toss to coat, then pour onto the baking sheet. (If you don't want the red beets staining everything, toss in oil and salt separately from the rest of the veggies and then just add to a separate part of the baking sheet).

Roast for 30-35 minutes or until the beets and sweet potatoes can easily be poked with a fork.

Meanwhile, whisk together the dressing ingredients.

Serve the hash with a drizzle of the dressing on top.



Additional Tips:

Mix up the veggies! This is just an example of what you can do, but try different veggies too. Sliced fennel would make a great addition, diced carrots, turnips, kohlrabi, butternut squash, and acorn squash would also be great.



Additional Tips:

If serving this for others not on AIP, a fried egg on top could be a great addition (or do that yourself once you've reintroduced eggs!)



Make ahead:

Prep and roast as well as mix the dressing up to 4 days ahead of time. You could also just prep the veggies and ham and then roast right before serving if you'd rather.

Store the veggies separately from the dressing. You may have to whisk the dressing again before serving.



SWEET POTATO AND APPLE HASH





TIME 30 min



INGREDIENTS

- 1 lb Ground Pork
- 1 tsp Sea Salt
- 1 tsp dried Oregano
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Cinnamon
- 1 tbsp Coconut, Avocado, or Olive Oil
- 2 Sweet Potatoes, peeled and diced into small 1/4 inch cubes
- · 2 Apples, diced
- Several handfuls of Arugula (Rocket)

Make ahead:

Make up to 5 days ahead of time. You could also just prep the veggies and then cook right before serving if you'd rather.



Substitutions:

Use lard or tallow instead of the cooking oil.

Try using butternut squash instead of the sweet potatoes! They probably won't take as long to cook.

Don't like or can't have pork? Use any ground meat of choice.

DIRECTIONS

Heat a large frying pan over medium heat.

Add the pork, sea salt, oregano, garlic powder, onion powder, and cinnamon and cook, breaking the pork up and stirring occasionally, for about 7-10 minutes or until cooked through.

Remove the cooked pork from the pan and set aside.

Add the oil to the pan and let warm for a minute.

Add the sweet potatoes to the pan, toss to coat with the oil, and cook, stirring occasionally for 10 minutes.

Add the apples and mix, and then cook for an additional 5-10 minutes, stirring occasionally, until the sweet potato is soft.

Add the pork back into the pan and mix, and then continue to cook until everything is warm.

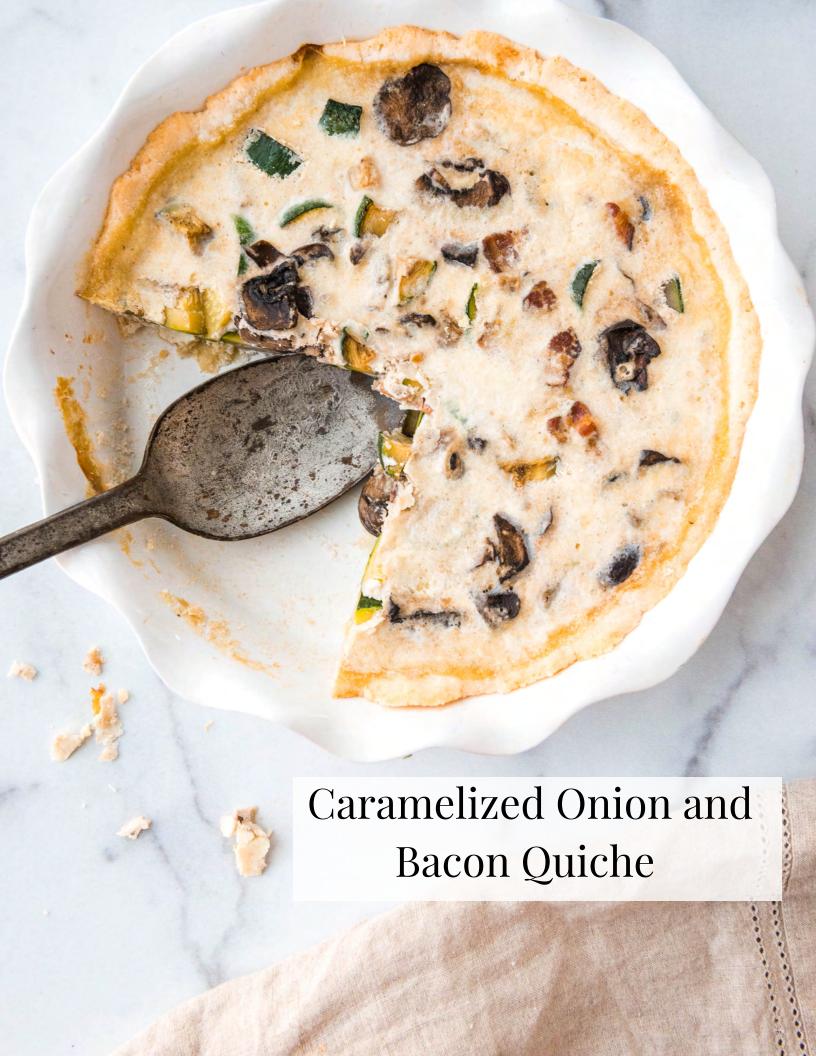
Remove from the heat and mix in the arugula and serve.



Additional Tips:

If you want to make this process faster, either use two different pans and cook the sweet potatoes in one pan at the same time as cooking the pork in another, or start the diced sweet potatoes off in a 425 F oven for 20 minutes and then just add to the pan in the last 5 minutes to help crispify the outsides.

It really helps to have the sweet potatoes cut as small as possible to speed this up as well!



CARAMELIZED ONION AND BACON QUICHE





TIME 5 hours

*This recipe was inspired by Paleo Running Momma's quiche of the same name



Coconut-free

INGREDIENTS

For the crust:

- 1 tbsp Gelatin
- 1/2 cup Water
- 1 cup Tapioca Starch
- 1/4 cup Coconut Flour
- 1/4 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/2 cup Palm Shortening

For the quiche:

- 6 slices Bacon
- 1 large Onion, sliced
- 8 oz White Mushrooms, sliced
- 1 small Zucchini (Courgette), diced
- Sea Salt for the veggies
- 1.5 cups Coconut Milk (1 x 13.5 oz Can)
 or Tigernut Milk
- 1/2 tsp Sea Salt
- Heaping tbsp Nutritional Yeast
- 1 tbsp Gelatin

M

Make ahead:

While time-consuming upfront, this is a great breakfast - all you have to do is remove it from the fridge and eat it. Literally, NO prep time to reheat or fuss with it. Just remove and eat. You can store it in the fridge for up to 5 days or slice and put in the freezer for up to 3 months (thaw overnight in the fridge). It also could be used as a food-on-the-go - put into a travel container and bring with you!

DIRECTIONS

Cook the bacon over medium-high heat until done.

Meanwhile, preheat the oven to 350 F. Sprinkle the gelatin for the crust over the water in a small bowl or measuring cup and let sit.

In a food processor, pulse the flours, baking soda, and sea salt together a few times. Add the palm shortening and pulse a few more times. Finally, add the gelatin water mixture and run the food processor until the mixture comes together.

Scoop the mixture out into the pie pan and flatten it into the pan using your hands. Bake for 15 minutes.

Once the bacon is done, remove it from the pan and add the sliced onions. Cook for about 10 minutes on high, stirring occasionally, and then lower the heat to low and cook for an additional 10 minutes. Add the mushrooms, zucchini and a pinch of sea salt. Stir and cook for 5 more minutes, then crumble the the bacon into the mixture as well.

In a large bowl, whisk together the coconut milk, 1/2 tsp sea salt, nutritional yeast, and gelatin.

Add the veggie mixture to the pre-baked pie shell, then pour the coconut milk mixture over it. It's ok if it doesn't sink in.

Bake for 30 minutes, remove from the oven and let sit for 20 minutes to cool. Transfer it to the fridge for another 3-4 hours to set. **Serve COLD** - if you try to heat this it will melt. Seriously, I tried:-)



YOGURT & FLAVORINGS



YIELDS
1 pint Jar

Depends -11-48 hours



Coconut-free

INGREDIENTS

- 1.5-2 cups of Coconut or Tigernut Milk
- 1/2 1 tsp Gelatin or Agar Agar Powder
- 1 capsule good quality Probiotic
- 2 tsp Maple Syrup (optional)

For the Cherry Vanilla Topping:

- 1/4 cup frozen pitted Cherries
- 1/2 tsp Vanilla Powder
- 1 tsp Maple Syrup

Put the ingredients in a small bowl or saucepan and heat in the microwave or on the stove until the cherries easily mash with a fork - about 30 seconds in the microwave and 5 minutes on the stove.

For the Mango Banana Topping:

- 1/4 Mango
- 1/2 Banana
- 1 tsp Lime Juice

Mash the ingredients together with a fork or quickly with a blender.



Additional Tips:

Try mixing the yogurt with the Berry Sauce on pg. 120! Healthy berry flavored yogurt!



Make ahead:

This will last up to a week in the fridge.

DIRECTIONS

Place the milk into a saucepan on the stove. Sprinkle the gelatin over the milk and let sit for a minute. Turn the burner on medium heat and whisk the gelatin into the milk. Let the milk heat, stirring occasionally, until it's hot to the touch and the gelatin is completely dissolved. It's ok if it bubbles a bit, but don't let it come to a complete boil.

Let the milk cool off for a few minutes until it just feels warm to the touch (if you have a thermometer, it should be around 110 F).

Add the maple syrup (if using) then break apart and empty the contents of the probiotic capsule into the milk and whisk thoroughly. Pour the mixture into a pint-sized glass canning jar then do one of the following:

INSTANT POT: Put the jar of milk into the basin of the IP. Turn the Instant Pot on, choose the Yogurt Setting, and manually adjust the time to 18 hours. You can of course do less, but it won't be as tangy and may not set up as well. I wouldn't go less than 10 hours.

OVEN: Cover the jar with cheesecloth and place the yogurt into the oven with just the pilot light on for 24-48 hours.

COOLER: Add hot water to a cooler and then place the jar covered in cheesecloth in the water (it should only come up a few inches on the outside of the jar). Close the cooler and let sit for 12-24 hours.

Once the time is up, remove the yogurt and give it a good stir. Put it into the fridge to chill. It's common for it to be runny or separated when you remove it from the incubation method, but it should set up and become thicker in the fridge after a few hours.



SAUTÉED MUSHROOMS





YIELDS TIME
2-4 servings 20 minutes



INGREDIENTS

- 1 tbsp Avocado Oil or other cooking fat
- 1 lb Mushrooms, sliced
- 1 tsp Thyme (dried or fresh)
- 1/2 tsp Sea Salt
- 2 cloves Garlic, minced

DIRECTIONS

Heat a large sauté pan over medium heat.

Add the oil and then add the mushrooms to the pan.

Add everything else and sauté, stirring occasionally, until the mushrooms have lost their liquid and have turned brown.



Additional Tips:

These serve 2 if a main component of a meal or 4 if a smaller component, like in a bowl with several other veggies and meat.



Make ahead:

These can store for a few days, so you can make them ahead of time and reheat as needed. The texture does change a bit and get slimier as they sit in the fridge, so I recommend using these as a smaller component of a meal if using later.



MAPLE BLUEBERRY SAUSAGE



YIELDS 8 small patties



TIME 20 min



YouTube Tap to Watch



INGREDIENTS

- 1 lb ground Pork
- 1 tbsp Maple Syrup
- 1 tsp Garlic Powder (omit for a sweeter sausage)
- 1 tsp Onion Powder (omit for a sweeter sausage)
- 1/2 tsp dried Sage
- 1/4 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Coconut Oil, Avocado Oil, Olive
 Oil, or Lard

DIRECTIONS

Mix everything except for the blueberries and coconut oil together in a large bowl. Once evenly mixed, gently mix in the blueberries.

Form into 8 patties. Heat the coconut oil in a large pan over medium heat. Place the patties in the pan and cook for 5 min a side or until cooked all the way through (no pink remains).

You can alternatively cook these in the oven on a baking sheet or in a baking dish at 350 F for 20 minutes or until cooked through (no pink remains). They won't brown like they will in the pan, but it's more hands-off.



Make ahead:

Make ahead and refrigerate for up to 5 days.

These are a great option to make a double or triple batch of and then freeze for later. To freeze, lay the cooked patties on a baking sheet, baking dish, or plate and freeze, then remove and put into a freezer-safe container or bag. This way you'll easily be able to get 1-2 at a time. If you really don't have room to flash freeze, freeze with a small piece of parchment paper in between each one.

Simply reheat in the microwave or on the stove. No need to thaw, but it will take less time to reheat if thawed in the fridge overnight.



Substitutions:

Don't eat pork? Replace the ground pork with ground chicken, turkey, or beef!

You can replace the berries as well - cranberries, chopped blackberries, huckleberries, chopped raspberries, etc - whatever you have and like!



APPLE THYME CHICKEN SAUSAGE





TIME 40 min



INGREDIENTS

- 1 lb ground Chicken
- 1 Apple, grated
- 1 tbsp Maple Syrup or Honey
- 1 tsp dried or fresh Thyme
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Sea Salt

DIRECTIONS

Preheat the oven to 400 F. Line a baking sheet with parchment paper.

Mix everything together in a large bowl and then form into 8-10 patties. Place on the baking sheet.

Bake for 15 minutes, then flip and bake for an additional 15 minutes.



Make ahead:

Make ahead and refrigerate for up to 5 days.

These are a great option to make a double or triple batch of and then freeze for later. To freeze, lay the cooked patties on a baking sheet, baking dish, or plate and freeze, then remove and put into a freezer-safe container or bag. This way you'll easily be able to get 1-2 at a time. If you really don't have room to flash freeze, freeze with a small piece of parchment paper in between each one.

Simply reheat in the microwave or on the stove. No need to thaw, but it will take less time to reheat if thawed in the fridge overnight.



Substitutions:

Replace the ground chicken with ground pork or turkey.

Don't have thyme? Try some dried sage instead!

You could also use a grated pear instead of the apple.

SAGE BREAKFAST SAUSAGE SEASONING





TIME 10 min





INGREDIENTS

- 1/2 cup dried Sage
- 2 tbsp Sea Salt
- 1 tbsp Coconut Sugar or Maple Sugar
- 1 tsp Garlic Powder
- 1 tsp dried Thyme

DIRECTIONS

Mix together and store in an airtight container in the pantry for up to 1 year.

Use 1 tablespoon per pound of ground meat. Form into patties and then either bake in the oven at 425 F for 20 minutes or in a pan on the stove over medium-high heat for 4-5 minutes a side (or until done).



Additional Tips:

Sauasges made with this seasoning are delicious by themselves, but for a fun addition add a finely diced green onion to the mixture before forming into patties.







SWEET POTATO TOAST





YIELDS TIME
1-2 Servings 10-40 min



INGREDIENTS

- 1 Sweet Potato
- Toppings see next page



Make ahead:

Make ahead and refrigerate for up to 5 days. These are a really good option to make a double or triple batch of and then freeze for later. To freeze, lay the cooked slices on a baking sheet, baking dish, or plate and freeze, then remove and put into a freezer-safe container or bag. This way you'll easily be able to get 1-2 at a time. If you really don't have room to flash freeze, freeze with a small piece of parchment paper in between each one.

Simply reheat in the a toaster, microwave, or on the stove. No need to thaw, but it will take less time to reheat if thawed in the fridge overnight.



Additional Tips:

This is one of the best breakfast options to serve a crowd, especially if you have guests who aren't on any special diet. Set out a buffet of toppings and maybe even some bread to make toast for your non-GF friends and everyone can make their own.

Some other great non-AIP toppings include scrambled or fried eggs, tahini, hummus, sundried tomatoes, sliced cheese, nut butter, chopped nuts, seeds, etc.

*A note for this - if you set out non-gluten free bread and plan to share toppings, make sure you take your toppings first or set some aside for yourself so there's no risk of cross contamination. E.g., you don't want the spoon to touch the gluten, possibly swipe up some crumbs, and then go back into the mashed avocado that you're about to take.

DIRECTIONS

Make the toast in 1 of these 3 ways:

OVEN: Preheat oven to 400 F. Slice the sweet potatoes into 1/4 inch thick slices. Lay on a baking sheet covered with parchment paper and brush a little cooking oil over each side. Roast for 15 min and then flip and roast for 15 more min. Add toppings as desired.

TOASTER: *(Real toaster, a toaster oven does not work as well as it tends to burn before the potato is done). Slice the sweet potatoes into 1/4 inch thick slices. Toast the slices on the highest setting 2 times. If not all the way cooked through, you may need to try a 3rd time. Add toppings as desired.

AIR FRYER: Preheat the air fryer to 375 F. Slice the sweet potatoes into 1/4 inch thick slices. Spray or brush a little cooking oil over each side. Air fry for 15 min and then flip and fry for 15 more min. Add toppings as desired.



Additional Tips:

There are a number of store bought items these days that you can use as well - Sweet Potato Awesome has freeze dried sweet potato slices that work really well for this and then there are also frozen cooked sweet potato slices in many stores as well (I've seen them at my local grocery stores AND at Target).



Substitutions:

You can also make toast from squash as well! Cut slices from the neck of a Butternut Squash or from a Delicata Squash as well! The cooking time is less - more like 10 minutes in the oven/air fryer and 1-2 times in the toaster.

SWEET POTATO TOAST IDEAS

Here are some AIP-compliant ideas for toppings on the toasts:

- Anything from the Breakfast Toppings list (pg 110)
- Sliced Radishes
- Liver Pate
- Any greens like Arugula, Spinach, Mustard, Kale
- Fresh Herbs
- Fresh sliced fruit
- Berries
- 30-Second Tigernut Butter (pg. 121)
- Coconut Yogurt (pg. 36)
- Stewed Berries/Berry Sauce (pg. 120)
- Blueberry Syrup (pg. 113)
- Avocado Slices
- Coconut Butter
- Bacon
- Smoked Salmon
- Pickled veggies (like onions, cucumbers, or radishes)
- Proscuitto
- Guacamole (recipe below)
- Deli meat slices (make sure compliant, no "spices")
- Thinly sliced cooked meats like beef, turkey, ham
- Quick Fig Jam (pg. 115)
- Sliced Olives
- Caramelized Onions
- Large Flake Sea Salt
- Sliced Cucumbers
- Sautéed Mushrooms (pg. 37)
- Lime, Lemon, or Orange Juice or Zest
- Sliced Roasted Beets or mashed beets
- Canned Tuna, Salmon, or Chicken
- Sardines
- Pesto (recipe to right)

"Guacamole" (for 1):

- 1 ripe Avocado, mashed with a fork
- 1.5 tsp Lime Juice
- Pinch Sea Salt
- 1/8 tsp Garlic Powder
- 1/2 tsp Apple Cider Vinegar
- 1/4 cup Cilantro, minced
- diced Red Onion optional

Some combo ideas:

- Sliced Cucumbers and Coconut Yogurt, and fresh dill
- Sliced Avocado drizzled with lime juice and large flake sea salt
- Tigernut Butter and sliced Bananas
- Coconut Yogurt and Blueberry Syrup (and maybe a drizzle of tigernut butter)
- Sliced Radishes, Liver Pate, and Arugula
- Cinnamon Tigernut Butter and Berries
- Caramelized Onions, Kalamata Olives, and Spinach
- Sliced Roasted Beets and Orange Zest
- Guacamole and Sliced Olives
- Thinly sliced turkey and guacamole
- Stewed Berries and melted drizzled coconut butter
- Spinach, sliced cucumbers, sliced radishes, and smoked salmon
- Prosciutto and quick fig jam
- Guacamole and pickled red onion
- Canned Tuna mixed with coconut yogurt, a dash of apple cider vinegar, a pinch of sea salt, and dill and sprinkled with cooked and crumbled bacon
- Pesto and sliced olives
- Pesto and canned shredded chicken

Pesto (makes 1 cup):

- 2-3 cups Greens (Basil, Arugula, Kale, Spinach, Carrot Tops, Green Onions, etc – or any combo of these)
- 1 clove Garlic
- 1/4 tsp Sea Salt
- 1 Lemon (juice & zest)
- 1/2 1 cup Olive Oil

Add all of the ingredients except the olive oil to a food processor or blender. Process until everything is finely chopped up and of uniform size. With the processor running, drizzle in the olive oil. Add more olive oil if you prefer a runnier pesto.

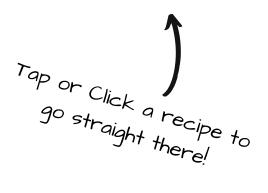
SOUPS





SOUPS

Page	Recipe
49	Asparagus Soup
51	Beet Fennel Soup
53	Broccoli Mint Soup
55	Carrot Ginger Soup
57	Tandoori Pumpkin Soup
59	Thai Chicken Soup
61	Italian Sausage Kale Soup





ASPARAGUS SOUP



YIELDS
4 Servings



TIME 25 min



Watch



INGREDIENTS

- 2 tbsp Coconut Oil, Avocado Oil, or Olive Oil
- 1 slice Bacon, diced
- 1 medium Yellow Onion, diced
- 1 bunch Asparagus, cut into small pieces
- 3 cups Chicken, Beef Broth, or Vegetable Broth
- 1 tsp Fresh Parsley, chopped
- 2 tbsp Fresh Tarragon, chopped
- 1/2 cup Coconut Milk, Tigernut Milk,
 Sweet Potato Milk, or more broth
- 1 tsp Lemon Zest
- 1/4 tsp Sea Salt



Tap or click to see the recipes for these items:



Homemade Coconut Milk pg 132



Tigernut Milk pg 134



Sweet Potato Milk pg 135



Chicken or Beef Bone Broth pg 100



Vegetable Broth pg 101

DIRECTIONS

In a large pot, melt the coconut oil. Add the onion and bacon, and cook, stirring occasionally, until the onion is translucent, about 6-8 minutes.

Add the asparagus and stir for 1 minute.

Add stock and cover. Simmer on low for 10 minutes or until the asparagus is tender.

Add the parsley, tarragon, coconut milk, lemon zest, and sea salt.

Using an immersion blender or working in batches and transferring to a blender or food processor, puree the soup.

Return to the pot and warm thoroughly. Season with more salt if desired.



Additional Tips:

Serve garnished with tarragon or parsley.



Make ahead:

Refrigerate for up to 5 days, or freeze in 1.5-2 cup portions in quartsized freezer bags and lay flat in your freezer. Or alternatively, freeze in 1-2 cup Souper Cubes or silicone muffin trays and once frozen, pop out and store in a freezer-safe container or bag. Reheat on the stove or in the microwave.



BEET FENNEL SOUP







YIELDS TIME 4 Servings 1 hr 20 min

INGREDIENTS

- 2 lb Beets, peeled and diced
- 1 large Fennel Bulb, roughly chopped
- 4 tbsp, Avocado Oil, divided
- 1/2 tsp Dried Thyme
- Sea Salt
- 1 medium Yellow Onion, diced
- 1 clove Garlic, minced
- 1 tsp freshly grated Ginger (or 1/4 tsp dried Ginger)
- 3 cups Chicken, Beef, or Vegetable
 Broth
- 1 Orange (juice and zest of)
- 1 cup Coconut Milk, Tigernut Milk,
 Sweet Potato Milk, or more broth



Tap or click to see the recipes for these items:



Homemade Coconut Milk pg 132



Tigernut Milk pg 134



Sweet Potato Milk pg 135



Chicken or Beef Bone Broth pg 100



Vegetable Broth pg 101

DIRECTIONS

Preheat the oven to 425 F. Cover a baking sheet with parchment paper.

Place the beets and fennel on the baking sheet and then drizzle with 2 tbsp of the avocado oil, the dried Thyme, and a pinch of sea salt. Roast for 45 minutes.

Meanwhile, heat the remaining 2 tbsp of avocado oil in a large saucepan or stockpot over medium heat. Add the onion, garlic, and ginger and saute until the onion is translucent, about 10 minutes.

When the beets and fennel are done, add them to the saucepan along with the chicken or vegetable stock. Simmer for 10 minutes. Add the orange juice, zest, and coconut (or tigernut) milk and simmer for 3 more minutes.

Using an immersion blender or working in batches with a stand blender, blend the soup until smooth. Taste and add more salt if necessary.



Additional Tips:

Save time by using already cooked beets like Love Beets.



Make ahead:

Refrigerate for up to 5 days, or freeze in 1.5-2 cup portions in quartsized freezer bags and lay flat in your freezer. Or alternatively, freeze in 1-2 cup Souper Cubes or silicone muffin trays and once frozen, pop out and store in a freezer-safe container or bag. Reheat on the stove or in the microwave.



BROCCOLI MINT SOUP





4 servings 30 minutes



INGREDIENTS

- 1 tbsp Coconut Oil or other cooking fat
- 1 medium Yellow Onion, diced
- 2 cloves Garlic, minced
- 2 tbsp freshly grated Ginger (or 2 tsp dried Ginger)
- 4 cups Broccoli (fresh, with stalks included) OR Frozen Florets
- 3 cups Chicken, Beef, or Vegetable Broth
- 1.5 cups Coconut Milk, Tigernut Milk,
 Sweet Potato Milk or more broth
- 20 leaves fresh Mint.
- Sea Salt to taste



Tap or click to see the recipes for these items:



Homemade Coconut Milk pg 132



Tigernut Milk pg 134



Sweet Potato Milk pg 135



Chicken or Beef Bone Broth pg 100



Vegetable Broth pg 101

DIRECTIONS

In a large saucepan or pot, heat the oil over medium heat. Add the onion, garlic, and ginger and a pinch of salt and saute for about 10 minutes, or until the onion is soft and translucent.

Add the broccoli and stock. Bring to a boil and then reduce the heat to a simmer until the vegetables are tender, about 20 minutes.

Remove from the heat and stir in the coconut milk and mint. Then use an immersion blender to blend until smooth (or transfer in batches to a blender or food processor and blend).

Taste and stir in some salt if needed.



Additional Tips:

This soup tastes great if you add some crunch to it – I love crumbled bacon and slices of red cabbage (as seen in the picture).



Make ahead:

Refrigerate for up to 5 days, or freeze in 1.5-2 cup portions in quart-sized freezer bags and lay flat in your freezer. Or alternatively, freeze in 1-2 cup Souper Cubes or silicone muffin trays and once frozen, pop out and store in a freezer-safe container or bag. Reheat on the stove or in the microwave.



CARROT GINGER SOUP



YIELDS 4 Servings



TIME 45 min



Demo Video Tap to Watch



INGREDIENTS

- 1 tbsp Coconut Oil or other fat
- 1 medium Yellow Onion, diced
- 1 clove Garlic, minced
- 1 tbsp freshly grated Ginger (or 1 tsp dried Ginger)
- 1.5 lb Carrots, peeled and roughly chopped (you can also use baby carrots)
- 3 cups Chicken, Beef or Vegetable Broth
- 1 cup Coconut Milk, Tigernut Milk,
 Sweet Potato Milk or more broth
- Sea Salt to Taste

DIRECTIONS

Melt the coconut oil in a large saucepan or stockpot over medium heat. Add the onions, garlic, and ginger and cook, stirring occasionally, for about 10 minutes or until the onion is translucent.

Add the carrots and stock, bring to a boil, and then reduce the heat to a simmer. Cover and cook for 30 minutes, until the carrots are tender and easily pierced with a fork.

Add the coconut or tigernut milk and a pinch of sea salt, then use an immersion blender or regular blender to puree the soup until smooth. Taste and add more salt if necessary.



Tap or click to see the recipes for these items:



Homemade Coconut Milk pg 132



Tigernut Milk pg 134



Sweet Potato Milk pg 135



Chicken or Beef Bone Broth pg 100



Vegetable Broth pg 101



Make ahead:

Refrigerate for up to 5 days, or freeze in 1.5-2 cup portions in quartsized freezer bags and lay flat in your freezer. Or alternatively, freeze in 1-2 cup Souper Cubes or silicone muffin trays and once frozen, pop out and store in a freezer-safe container or bag. Reheat on the stove or in the microwave.



TANDOORI PUMPKIN SOUP





11ME 15 min



INGREDIENTS

- 1 Celery Stalk, diced
- 1/2 medium Onion, dicced
- 1 clove Garlic, minced
- 2 cups Pumpkin Puree (or one 13.5 oz can of canned pumpkin)
- 2 cups Chicken, Beef, or Veggie Broth
- 1.5 cups Coconut Milk, Tigernut Milk,
 Sweet Potato Milk or more broth
- 1 tsp dried Ginger
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- pinch Cloves
- 1/4 tsp dried Fenugreek Leaves (optional)
- Sea Salt to taste



Tap or click to see the recipes for these items:



Homemade Coconut Milk pg 132



Tigernut Milk pg 134



Sweet Potato Milk pg 135



Chicken or Beef Bone Broth pg 100



Vegetable Broth pg 101

DIRECTIONS

Heat the olive oil in a small saucepan. Add the celery, onion, and garlic and cook for several minutes, stirring occasionally, until the onion is translucent.

Transfer the onion mixture into a blender with the rest of the ingredients. Blend for 1 minute, until smooth and creamy.

Transfer back to the sauce pan and heat until desired temperature. Taste for seasoning and add salt if necessary.



Additional Tips:

A note on the dried Fenugreek Leaves, also known as Kasoori Methi – they are totally optional, but I really find they are the key element to getting the fully rounded flavor of this dish. You can usually find them in Asian or Indian markets, or I get mine from Amazon.

Make sure though to avoid the ground Fenugreek powder you'll see in grocery stores. That typically is made from Fenugreek seeds. However, once you have successfully reintroduced seeds, then you could try that instead of the powder.



Make ahead:

Refrigerate for up to 5 days, or freeze in 1.5-2 cup portions in quartsized freezer bags and lay flat in your freezer. Or alternatively, freeze in 1-2 cup Souper Cubes or silicone muffin trays and once frozen, pop out and store in a freezer-safe container or bag. Reheat on the stove or in the microwave.



THAI CHICKEN SOUP



4-6 Servings



TIME Depends



Tap to
Watch



INGREDIENTS

- 2 lb Boneless, skinless Chicken Thighs, cut into 1-inch pieces
- 1 Shallot or Small Yellow Onion, diced
- 4 cloves Garlic, minced
- 1 Lime, juiced and zested (or 1 tbs Lime Juice)
- 1 tbsp Coconut Aminos
- 1 tbsp Fish Sauce
- 2 cups Chicken Broth
- 1 tbsp Honey
- 1 tsp Ground Ginger
- 3-inch piece of fresh or dried Lemongrass
- 1.5 cups Coconut Milk, Tigernut Milk, or more Chicken Broth

For the Garnish:

- 3 sliced Green Onions,
- 1/2 cup chopped Basil
- 1/2 cup chopped Cilantro



Quick Links:

Tap or click to see the recipes for these items:



Homemade Coconut Milk pg 132



Tigernut Milk pg 134



Chicken Broth pg 100

DIRECTIONS

Do one of the following:

STOVETOP: Put all of the ingredients except for the garnish into a large saucepan or stockpot. Bring to a boil and then lower the heat and simmer for about 7-9 minutes, until the chicken is cooked through. Garnish with the green onions, basil, and cilantro.

INSTANT POT: Put all of the ingredients except for the garnish AND the coconut milk into the basin of the Instant Pot.

Close the lid, turn the valve to "Sealing" and cook on High Pressure on Manual for 5 minutes (10 if cooking from frozen). Quick release the pressure when finished and stir in the coconut milk. If you need the coconut milk to heat up a bit, turn the Instant Pot to "Sauté" and cook until desired temp. Garnish with the green onions, basil, and cilantro.

SLOW COOKER: Put all of the ingredients except for the garnish into the slow cooker and cook for 2-4 hours on low. Garnish with the green onions, basil, and cilantro.



Make ahead:

Make up to 4 days ahead of time or freeze for up to 3 months (it's best if you can wait to add the garnish when serving, but it'll be ok if you have to add it before freezing).

You can also put all of the ingredients except for the garnish into a freezer-safe container WITHOUT cooking and then just thaw and follow the directions for cooking. *Do NOT put the garnish into the bags and also wait to put the coconut milk in if you know you'll using the Instant Pot.



ITALIAN SAUSAGE KALE SOUP







INGREDIENTS

- 1 tbsp Avocado Oil
- 1 lb Ground Pork (or ground meat of choice)
- 1 tsp dried Parsley
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 medium Onion (diced)
- 2 medium Carrots (finely diced)
- 2 cloves Garlic (minced)
- 3 cups Chicken Broth
- 1 bunch Kale (chopped, stems removed)
- 1 cup Coconut Milk, Tigernut Milk, Sweet
 Potato Milk, or more Chicken Broth



Tap or click to see the recipes for these items:



Homemade Coconut Milk pg 132



Tigernut Milk pg 134



Sweet Potato Milk pg 135



Chicken Broth pg 100

DIRECTIONS

Heat the oil in a large saucepan or dutch oven over medium-high heat. Add the ground pork, breaking it up with a spatula. Add the parsley, Italian seasoning, sea salt, garlic powder, and onion powder and mix with the pork as you break it up. Cook until the meat is browned, about 10 minutes. Using a slotted spoon, remove the meat from the pan and put it on a plate.

Add the onions and carrots to the same pan and cook, stirring occasionally, until the onions are translucent, about 5-8 minutes.

Add the garlic, and cook for a further 1-2 minutes, until fragrant.

Pour in the chicken broth and using the spatula, scrape up any browned bits from the bottom of the pan. Bring the broth to a boil and then simmer for 5 minutes. Add the chopped kale, the cooked meat, and the coconut milk into the pan. Mix to disperse everything and then simmer for an additional 5 minutes. Serve warm.



Make ahead:

Refrigerate for up 4 days, or freeze in 1.5-2 cup portions in quartsized freezer bags and lay flat in your freezer. Or alternatively, freeze in 1-2 cup Souper Cubes or silicone muffin trays and once frozen, pop out and store in a freezer-safe container or bag. Reheat on the stove or in the microwave.





LAZY WEEKENDS

Page	Recipe
65	Cassava Flour Pancakes
65	Spinach Pancakes
66	Other Pancake Variations
68	Crispy Waffles
70	Tigernut Waffles
72	Berry Crumble



Cassava Flour Pancakes



CASSAVA FLOUR PANCAKES



YIELDS 8-10 Pancakes







INGREDIENTS

- 1 cup Cassava Flour
- 1/4 cup Tapioca Starch
- 1 tsp Cream of Tartar
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1+ 1/8 cup Coconut Milk, Tigernut Milk or Banana Milk
- 1/3 cup Banana, mashed (about 1 small)
- 1.5 tbs Apple Cider Vinegar
- 2 tbs Coconut Sugar or Maple Sugar
- 1 tsp Vanilla Extract



Make them spinach pancakes!

Just add 1-2 large handfuls of baby spinach to the blender before mixing.



Substitutions:

You can use applesauce instead of the mashed banana and maple sugar instead of the coconut sugar.

DIRECTIONS

Mix all of the ingredients in blender (preferred method for fluffy pancakes) or in a large bowl and mix until smooth.

Heat a skillet over medium heat. Add a small amount of coconut or avocado oil to the pan.

Spoon 1-2 large spoonfuls (approx 2-3 tbsp) of batter into the pan to form a pancake, and repeat until you run out of space.

Cook for 3 minutes and then flip and cook for 3 minutes more.



Additional Tips:

Add fresh or frozen blueberries to the batter after blending for blueberry pancakes!



Topping Ideas:

Fun toppings would be the classic maple syrup or berries, but also the Blueberry "Syrup" or Apple Compote would be great. For an extra special treat, try the "chocolate" syrup and "Chocolate" Tigernut Granola or whipped coconut cream! Yum!



Make ahead:

Refrigerate for up to 5 days or freeze for up to 3 months. To freeze, lay the cooked pancakes on a baking sheet, baking dish, or plate and freeze, then remove and put into a freezer-safe container or bag. This way you'll easily be able to get 1-2 at a time. If you really don't have room to flash freeze, freeze with a small piece of parchment paper in between each one.

Simply reheat in the microwave or on the stove. No need to thaw, but it will take less time to reheat if thawed in the fridge overnight.

OTHER PANCAKE FLAVORS



"CHOCOLATE" PANCAKES

Use the base recipe but instead of the 1/4 cup of Tapioca Flour, use 2 tbsp Tapioca Flour and 2 tbsp Carob Powder. Follow the rest of the directions as indicated.

GINGERBREAD PANCAKES

Use the base recipe but add 1 tbsp Blackstrap Molasses, 1 tsp Cinnamon and 2 tsp dried Ginger before blending. Follow the rest of the directions as indicated.

BLUEBERRY PANCAKES

Use the base recipe but stir in 1/2 cup of fresh or frozen blueberries to the batter AFTER blending. Cook as indicated.

PUMPKIN SPICE PANCAKES

Use the base recipe but add 2 tsp Cinnamon, 1/2 tsp dried Ginger, 1/2 tsp Mace, and 1/4 tsp ground Cloves before blending. Follow the rest of the directions as indicated.

LEMON PANCAKES

Use the base recipe but add the zest of 1 lemon + 2 tsp lemon juice to the batter instead of the Cream of Tartar before blending. Follow the rest of the directions as indicated.



CRISPY WAFFLES



YIELDS
2 Waffles

TIME 15 minutes

INGREDIENTS

- 2/3 cup Tapioca Starch
- 3 tbsp Coconut Flour
- Pinch Salt
- 1/4 tsp Baking Soda
- 1/4 cup Avocado Oil
- 3 tbsp Maple Syrup
- 2/3 cup Coconut Milk, Tigernut Milk, or Banana Milk

S

Substitutions:

Use melted coconut oil or palm shortening in place of the avocado oil if desired.

I also tried this with 1/3 cup sweet potato flour in place of 1/3 cup of the tapioca flour and it was great as well.

DIRECTIONS

Preheat a standard waffle maker.

Mix all of the ingredients together, whisking to get rid of any clumps.

Once the waffle maker is heated, spoon the batter into the maker. Cook for approximately 5-7 minutes, or until slightly browned. (It's ok to open the maker and check just close it again if they aren't done)

Remove and serve immediately. These are best served immediately, but if you do make them ahead of time the microwave is the best place to reheat.



Make ahead:

These are best served immediately after cooking, but the batter can be mixed up to 4 days ahead of time and just poured into the preheated waffle maker right before you need them. If you DO make them ahead of time though, they are best reheated in the microwave. They'll lose some of their crispiness but the toaster oven tends to make them TOO crispy.

You can store these in the fridge for a few days or freeze up to 3 months. To freeze, lay the cooked waffles on a baking sheet, baking dish, or plate and freeze, then remove and put into a freezer-safe container or bag. This way you'll easily be able to get 1-2 at a time. If you really don't have room to flash freeze, freeze with a small piece of parchment paper in between each one.

Simply reheat in the microwave or on the stove. No need to thaw, but it will take less time to reheat if thawed in the fridge overnight.



TIGERNUT WAFFLES



YIELDS
2 waffles



15 min



INGREDIENTS

- 1 cup Tigernut Flour
- 1 tsp Vanilla Powder or Extract
- 1 tbsp Applesauce
- 1.5 tbsp Maple Syrup
- 1/2 cup Coconut, Tigernut, or Banana
 Milk (or water)
- 1 tbsp Avocado Oil

** These can be made into pancakes tool.

DIRECTIONS

Preheat a standard waffle maker.

Mix all of the ingredients together, whisking to get rid of any clumps.

Once the waffle maker is heated, spoon the batter into the maker. Cook for approximately 5-7 minutes, or until browned. (It's ok to open the maker and check - just close it again if they aren't done)

Remove and serve.



Additional Tips:

I tried making these with blueberries inside but they fell apart in the waffle maker, so I recommend if you want blueberry waffles to just make the blueberry syrup as pictured (recipe in the Toppings section)



Make ahead:

Make these and keep in the fridge up to 4 days or freeze for later. To freeze, lay the cooked waffles on a baking sheet, baking dish, or plate and freeze, then remove and put into a freezer-safe container or bag. This way you'll easily be able to get 1-2 at a time. If you really don't have room to flash freeze, freeze with a small piece of parchment paper in between each one.

Simply reheat in the microwave or on the stove. No need to thaw, but it will take less time to reheat if thawed in the fridge overnight.



BERRY CRUMBLE





TIME 40 min



INGREDIENTS

For the filling:

- 2 cups frozen mixed Berries
- 1 tbsp Lemon Juice
- 1.5 tsp Arrowroot Powder
- 1 tsp Vanilla Powder (optional)

For the topping:

- 1 cup Cassava Flour
- 1/4 cup Coconut or Maple Sugar
- pinch Sea Salt
- 1 tsp Cinnamon
- 1/3 cup Coconut Oil, melted (or Palm Shortening, Lard, or Avocado Oil)

DIRECTIONS

Preheat the oven to 350 F.

In a 8x8 inch square baking dish or similar size, add the ingredients for the filling and stir a bit to coat. Set aside.

Mix the ingredients for the topping in a large mixing bowl until it starts to resemble coarse breadcrumbs. With your hands, spread the topping over the filling evenly.

Bake in the oven for 30 minutes or until the topping is lightly browned and the filling is gooey and warm inside.



Substitutions:

This crumble works great with diced apples and/or pears and raisins instead of the berries.

It also works great with sliced or diced peaches - you may also want to toss in a 1/2 tsp of dried ginger then too!

Don't have arrowroot powder? Tapioca starch works as well, or you could use a bit of cassava flour too, or omit completely. It's just to thicken the berry "juice" as it heats.



Make ahead:

Make this and keep in the fridge for up to 5 days. Reheat before serving if desired.





BAKED GOODS

Page Recipe **Lemon Scones** 76 78 **Cranberry Orange Scones** 80 Gingerbread Scones 82 **Apple Muffins Blueberry Muffins** 84 Cinnamon Crumble Muffins 86 "Chocolate" Tigernut Granola 88 Pumpkin Spice Tigernut Granola 90 92 Cinnamon Raisin Granola





LEMON SCONES



YIELDS 8 scones





Coconut-free

INGREDIENTS

- 1 cup Cassava Flour (136 g)
- 3/4 cup Tapioca Flour (83 g)
- 1/3 cup Coconut Sugar or Maple Sugar
- 1 tsp Baking Soda
- 1/2 tsp Cream of Tartar
- Pinch Sea Salt
- 1/2 cup solid Palm Shortening or Leaf Lard
- 1/2 cup Water, divided
- 1 tbsp Gelatin
- 1 tsp Vanilla Extract
- Zest and Juice of 1 Lemon
- Coconut Butter for the glaze (omit for coconut-free)



Additional Tips:

Love ginger? Add 1/2 tsp of dried ginger to the dry ingredients. Or add some fresh or frozen blueberries after the mixture comes into a ball to make blueberry scones.



Make ahead:

These can be made up to 4 days ahead of time and stored in the fridge or frozen up to 3 months.



Substitutions:

- Use powdered agar agar in place of the gelatin for a vegan version.
- Use maple sugar instead of the coconut sugar for a coconut-free version (and skip the glaze).
- Sub leaf lard for the palm shortening.

DIRECTIONS

Preheat the oven to 350 F. Line a baking sheet with parchment paper.

In a small bowl or measuring cup, sprinkle the gelatin over 1/4 cup of water. Set aside.

In a large bowl or food processor, add the cassava flour, tapioca flour, coconut sugar, baking soda, cream of tartar, and sea salt. Mix or pulse together.

Add the palm shortening into the flour mixture and work it with your fingers until the mixture resembles small bread crumbs.

Add the remaining 1/4 cup of water, vanilla extract, and the zest and juice of the lemon. Mix or pulse together until it comes into a ball. If not using a food processor you'll have to knead it with your hands for approx 1-2 minutes to get it to come into a ball.

Take the ball and put it on a cutting board or clean surface that can be cut into.

Pat it into a circle shape, about 1-inch thick and 7-inchish wide. Cut into eight equal wedges (like cutting a pizza) and then transfer the wedges to the baking sheet. Bake for 15-20 minutes or until a toothpick inserted into the center of a scone comes out clean. Allow to rest for 10 minutes before serving.

If desired, melt a few tablespoons of coconut butter and drizzle on top!



CRANBERRY ORANGE SCONES



YIELDS 8 scones



30 minutes



INGREDIENTS

- 1/2 cup Water (divided)
- 1 tbsp Gelatin
- 1 cup Cassava Flour (weight: 136 g)
- 3/4 cup Tapioca Flour (or Arrowroot Flour (weight: 83 g))
- 1/3 cup Coconut Sugar (or Maple Sugar)
- 1 tsp Baking Soda
- 1/2 tsp Cream of Tartar
- 1 Pinch Sea Salt
- 1/2 cup Palm Shortening (or Leaf Lard both in solid form)
- 1 Orange, zest of
- 2 tbsp Orange Juice
- 1/2 cup Cranberries (fresh or frozen (or dried* see notes below))

For the Orange Glaze:

- 1/4 cup Coconut Sugar (or Maple Sugar)
- 2 tbsp Orange Juice



Substitutions:

- Use powdered agar agar in place of the gelatin for a vegan version.
- Use maple sugar instead of the coconut sugar for a coconut-free version
- · Sub leaf lard for the palm shortening



Make ahead:

These can be made up to 4 days ahead of time and stored in the fridge or frozen up to 3 months.

DIRECTIONS

Preheat the oven to 350 F. Line a baking sheet with parchment paper.

In a small bowl or measuring cup, sprinkle the gelatin over 1/4 cup of water. Set aside.

In a large bowl or food processor, add the cassava flour, tapioca flour, coconut sugar, baking soda, cream of tartar, and sea salt. Mix or pulse together.

Add the palm shortening into the flour mixture and pulse or work it with your fingers until the mixture resembles small bread crumbs.

Add the remaining 1/4 cup of water, gelatin water mixture, and the zest and juice of the orange. Mix or pulse together until the majority of it comes into a ball. If not using a food processor you'll have to knead it with your hands for approx 1-2 minutes to get it to come into a ball. Gently stir in the cranberries by hand with a spatula or spoon.

Turn the mixture out onto a cutting board or clean surface that can be cut into. Pat it into a circle shape, about 1-inch thick and 7-inch-ish wide.

Cut into eight equal wedges (like cutting a pizza) and then carefully transfer the wedges to the baking sheet.

Bake for 15-20 minutes or until a toothpick inserted into the center of a scone comes out clean. Allow to rest for 10 minutes before serving.

To make the Orange Glaze:

Pulse the coconut or maple sugar in a small electric spice grinder or a blender until powdered, about 30 seconds. Transfer to a small bowl and stir in the orange juice. Drizzle over the scones.



Additional Tips:

If you use dried cranberries, make sure they are dried with fruit juice or an AIP-approved sweetener and NO seed oils (most have sunflower oil). You can also make your own - there's a recipe on pg 123 for this!



GINGERBREAD SCONES



YIELDS 8 scones



30 minutes



INGREDIENTS

- 1/2 cup Water divided
- 1 tbsp Gelatin
- 1 cup Cassava Flour
- 3/4 cup Tapioca Flour or Arrowroot Flour
- 1/3 cup Coconut Sugar or Maple Sugar
- 1 tsp Baking Soda
- 1/2 tsp Cream of Tartar
- 1 Pinch Sea Salt
- 1/2 cup Palm Shortening or Leaf Lard (in solid form)
- 1 tsp Cinnamon
- 2 tsp dried Ginger
- 1 tbsp Molasses

For the glaze:

- 1/4 cup powdered Maple or Coconut sugar
- 1/8 tsp Cinnamon
- 1/4 tsp dried Ginger
- · pinch ground Cloves
- 2 tbsp Maple Syrup

S

Substitutions:

- Use powdered agar agar in place of the gelatin for a vegan version.
- Use maple sugar instead of the coconut sugar for a coconut-free version (and skip the glaze).
- Sub leaf lard for the palm shortening.



Make ahead:

These can be made up to 4 days ahead of time and stored in the fridge or frozen up to 3 months.

DIRECTIONS

Preheat the oven to 350 F. Line a baking sheet with parchment paper.

In a small bowl or measuring cup, sprinkle the gelatin over 1/4 cup of water. Set aside.

In a large bowl or food processor, add the cassava flour, tapioca flour, coconut sugar, baking soda, cream of tartar, sea salt, cinnamon, and ginger. Mix or pulse together. Add the palm shortening into the flour mixture and pulse or work it with your fingers until the mixture resembles small bread crumbs. Add the remaining 1/4 cup of water, gelatin water mixture, and the molasses. Mix or pulse together until the majority of it comes into a ball. If not using a food processor you'll have to knead it with your hands for approx 1-2 minutes to get it to come into a ball.

Turn the mixture out onto a cutting board or clean surface that can be cut into. Pat it into a circle shape, about 1-inch thick and 7-inch-ish wide. Cut into eight equal wedges (like cutting a pizza) and then carefully transfer the wedges to the baking sheet. Bake for 15-20 minutes or until a toothpick inserted into the center of a scone comes out clean. Allow to rest for 10 minutes before serving.

To make the Gingerbread Glaze:

Pulse the coconut or maple sugar in a small electric spice grinder or a blender until powdered, about 30 seconds. Transfer to a small bowl and stir in the rest of the ingredients. Drizzle over the scones.



APPLE MUFFINS







35 minutes



INGREDIENTS

- 1/2 cup Coconut Sugar or Maple Sugar
- 1/4 cup Tapioca Starch
- 1 cup Tigernut Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Cream of Tartar
- pinch Sea Salt
- pinch Cinnamon
- 1 med-large Banana
- 1 tbsp Water
- 2 tbsp Avocado Oil
- 1 Apple, diced
- 1/4 cup Raisins

DIRECTIONS

Preheat the oven to 400 F. Line a muffin tin with liners.

Mix the dry ingredients in a large bowl. In a medium bowl mash the banana with a fork, then add the water and oil and mix together. Then add the dry ingredients to the wet and mix together well. Mix in the apple pieces and raisins.

Using an ice cream scoop or spoon, fill each muffin cup or liner. Back for 25 minutes, until the muffins are golden and a knife or toothpick inserted into the center of each muffin comes out clean.

Let cool for 10 minutes.



Additional Tips:

These are definitely more crumbly than muffins made with eggs, so don't expect these to stay together if moved around a lot.



Make ahead:

Make these up to 3 days ahead of time and store in the fridge or freeze for up to 3 months. To freeze, place on a baking sheet, baking dish, or plate and freeze, and then place in a freezer-safe container or bag. I wouldn't recommend freezing any other way as these are pretty fragile and using this method will help them stay together in the freezer.

Thaw in the fridge overnight or quickly in the microwave for 15-20 seconds.



BLUEBERRY MUFFINS





11 muffins 35 minutes



INGREDIENTS

- 1 tsp Gelatin
- 1/4 cup Water
- 3/4 cup Coconut Milk or Tigernut Milk or more water
- 1 tbsp Apple Cider Vinegar
- 1 cup Cassava Flour
- 1/2 cup Tapioca Starch
- 1/2 cup Coconut Sugar or Maple Sugar
- 1/2 tsp Baking Soda
- Pinch Sea Salt
- 1/4 cup Applesauce
- 1/3 cup Avocado Oil or Coconut Oil, melted
- 1 tbsp Vanilla Extract
- 3/4 cup Blueberries (fresh or frozen)

Make ahead:

Make these up to 3 days ahead of time and store in the fridge or freeze for up to 3 months. To freeze, place on a baking sheet, baking dish, or plate and freeze, and then place in a freezer-safe container or bag. I wouldn't recommend freezing any other way as these are pretty fragile and using this method will help them stay together in the freezer.

Thaw in the fridge overnight or quickly in the microwave for 15-20 seconds.

DIRECTIONS

Preheat the oven to 350 F. Line a muffin tin with liners.

Sprinkle the gelatin over the water in a small saucepan or microwave-safe bowl.

Add the apple cider vinegar to the milk and set aside.

Mix the cassava flour, tapioca starch, coconut sugar, baking soda, cream of tartar, and salt in a large bowl.

To the milk mixture, add the applesauce, oil, and vanilla extract.

Heat the gelatin and water mixture until the gelatin is melted, about 1-2 minutes in a pan on the stove or 30 seconds in the microwave. Stir into the liquid mixture.

Add the liquid mixture to the dry ingredients and stir until well combined. Stir in the blueberries, and then scoop into the muffin liners.

Bake for 23-25 minutes, or until a toothpick inserted in the center of the muffins comes out clean.



Additional Tips:

These are definitely more crumbly than muffins made with eggs, so don't expect these to stay together if moved around a lot.



CINNAMON CRUMBLE MUFFINS





INGREDIENTS

- 1/2 cup Coconut Sugar (or Maple Sugar)
- 1/4 cup Tapioca Starch (or Arrowroot Powder)
- 1 cup Tigernut Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Cream of Tartar
- Pinch Sea Salt
- 1 tsp Cinnamon
- 1 med-large Banana
- 1 tbsp Water
- 2 tbsp Avocado Oil
- For the Crumble Topping:
- 2 tbsp Avocado Oil
- 2 tbsp Tigernut Flour
- 2 tbsp Coconut Sugar (or Maple Sugar)
- 1 tsp Cinnamon

DIRECTIONS

Preheat the oven to 400 F. Line a muffin tin with 6 liners.

Mix the dry ingredients in a large bowl. In a medium bowl mash the banana with a fork, then add the water and oil and mix together. Then add the dry ingredients to the wet and mix together well.

Mix together the topping ingredients in a small bowl, then sprinkle evenly over each muffin.

Using an ice cream scoop or spoon, fill each muffin cup or liner. Bake for 25 minutes, until the muffins are golden and a knife or toothpick inserted into the center of each muffin comes out clean.

Let cool for 10 minutes.



Additional Tips:

These are much more stable than the apple muffins so they are a lot more portable.



Make ahead:

Make these up to 3 days ahead of time and store in the fridge or freeze for up to 3 months. To freeze, place on a baking sheet, baking dish, or plate and freeze, and then place in a freezer-safe container or bag. I wouldn't recommend freezing any other way as these are pretty fragile and using this method will help them stay together in the freezer.

Thaw in the fridge overnight or quickly in the microwave for 15-20 seconds.



CHOCOLATE" TIGERNUT GRANOLA





8 Servings 45 Minutes



Tap to Watch



INGREDIENTS

- 1 cup sliced Tigernuts
- 1 cup Coconut Flakes (the wide ones, though shredded can work as well) or more sliced tigernuts for a coconut-free version
- 1/4 cup Avocado Oil
- 1/4 cup Maple Syrup
- 1 tbsp Carob Powder
- 1 tsp Vanilla Bean Powder (optional)

DIRECTIONS

Preheat the oven to 275 F and move the baking rack into the middle of the oven. Line a baking sheet with parchment paper.

Mix all of the ingredients in a large bowl, then evenly spread onto the baking sheet.

Bake for 35-40 minutes, stirring every 15 minutes or so. Check the granola at 35 min to make sure it isn't burning. It may still seem a bit moist at 40 but take it out as it will dry as it cools.

If any is stuck together after it cools, break apart with your hands.



Additional Tips:

There are several ways to eat this:

- alone
- as a snack
- eat as a cereal with your favorite dairy-free milk
- with your favorite dairy-free yogurt and some fruit in a parfaitas
- a topping on a coconut parfait
- ss a topping on a sweet potato bowl



Make ahead:

Store in an airtight container at either room temp or in the fridge for up to 6 months.



Substitutions:

You can substitute melted coconut oil for the avocado oil.

Pumpkin Spice Tigernut Granola



PUMPKIN SPICE TIGERNUT GRANOLA





INGREDIENTS

- 1 cup sliced Tigernuts
- 1 cup Coconut Flakes (the wide ones, though shredded can work as well) or more sliced Tigernuts for a coconut-free version
- 1/4 cup Avocado Oil
- 1/4 cup Maple Syrup
- 1 tsp Vanilla Bean Powder or Vanilla Extract (optional)
- 1/4 cup canned Pumpkin
- 2 tsp Cinnamon
- 1/2 tsp Mace
- 1/2 tsp dried Ginger
- 1/4 tsp Cloves

DIRECTIONS

Preheat the oven to 275 F and move the baking rack into the middle of the oven. Line a baking sheet with parchment paper.

Mix all of the ingredients in a large bowl, then evenly spread onto the baking sheet.

Bake for 45-50 minutes, stirring every 15 minutes or so. Check the granola at 35 min to make sure it isn't burning. It may still seem a bit moist at 50 but take it out as it will dry as it cools. (This one takes a bit longer than the other versions of the granola due to the pumpkin)

If any is stuck together after it cools, break apart with your hands.



Additional Tips:

There are several ways to eat this:

- alone
- as a snack
- eat as a cereal with your favorite dairy-free milk
- with your favorite dairy-free yogurt and some fruit in a parfait
- a topping on a coconut parfait
- as a topping on a sweet potato bowl



Make ahead:

Store in an airtight container at either room temp or in the fridge for up to a month.



Substituions:

You can substitute melted coconut oil for the avocado oil.



CINNAMON RAISIN TIGERNUT GRANOLA





INGREDIENTS

- 1 cup sliced Tigernuts
- 1 cup Coconut Flakes (the wide ones, though shredded can work as well) or more sliced Tigernuts for a coconut-free version
- 1/4 cup Avocado Oil
- 1/4 cup Maple Syrup
- 1/2 cup Raisins
- 1 tsp Cinnamon
- Pinch Sea Salt

DIRECTIONS

Preheat the oven to 275 F and move the baking rack into the middle of the oven. Line a baking sheet with parchment paper.

Mix all of the ingredients in a large bowl, then evenly spread onto the baking sheet.

Bake for 35-40 minutes, stirring every 15 minutes or so. Check the granola at 35 min to make sure it isn't burning. It may still seem a bit moist at 40 but take it out as it will dry as it cools.

If any is stuck together after it cools, break apart with your hands.



Additional Tips:

There are several ways to eat this:

- alone
- as a snack
- eat as a cereal with your favorite dairy-free milk
- with your favorite dairy-free yogurt and some fruit in a parfait
- a topping on a coconut parfait
- as a topping on a sweet potato bowl



Make ahead:

Store in an airtight container at either room temp or in the fridge for up to 6 months.



Substituions:

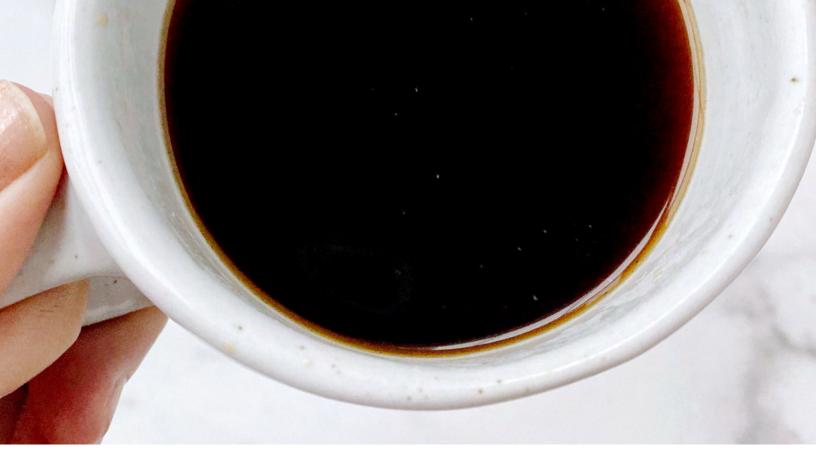
You can substitute melted coconut oil for the avocado oil.





COFFEE ALTERNATIVES

Page		Recipe
	95	Chicory Dandelion Coffee
	96	Chai Latte
	97	Hot "Chocolate"
	98	Maple Vanilla Latte
	99	Golden Milk Latte
	100	Bone Broth
	101	Vegetable Broth
	102	Hot Apple Cider
Tap or Click a recipe to	103	Beetroot Latte
	104	Matcha Tea Latte
	105	Chunky Monkey Iced Coffee
- .	106	Drink Mixes



CHICORY DANDELION COFFEE



YIELDS
1 cup

TIME

TIME 5 minutes



YouTube
Tap to Watch
(This is for many
of the coffees)



Coconut-free

INGREDIENTS

- 1 tsp dried Dandelion Root
- 1/4 tsp dried Chicory Root
- 1/4 tsp Carob Powder

** Use this as a base for want to any "lattes" you may want to make!

DIRECTIONS

Place in the bottom of a small French Press or mug and cover with boiled water. Steep for 3 minutes, then strain. Feel free to play around with the ratios of chicory and dandelion root to get to your desired level of bitterness. Use this as a base for lattes or other coffee beverages!



Additional Tips:

Be careful to avoid store-bought dandelion coffee drinks like Teechino and Dandy Blend as they contain non-AIP seeds and/or barley.

One TO buy though is **Sip Herbals** - this is a great pre-made alternative!



Make ahead:

You can brew this up to a week ahead of time, store in the fridge and simply reheat as needed.



CHAI LATTE







YouTube
Tap to Watch (This is
for many of the coffees)



INGREDIENTS

- 1 cup Coconut Milk (or Tigernut Milk or Banana Milk)
- 1/4 tsp Mace
- 1/2 tsp ground Ginger
- 1/2 tsp ground Cinnamon
- 1/4 tsp ground Cloves
- 1 tsp Maple Syrup
- 1/2 tsp Vanilla Powder (optional)

DIRECTIONS

Add all of the ingredients into a small saucepan, whisk together, and simmer until desired temperature.

Whisk again to make it frothy and enjoy!



Additional Tips:

Add black tea, Coffig, or Chicory Dandelion Coffee to make it even more like a coffee-based beverage.



Additional Tips:

Another alternative is to use the whole form of each of the spices as well – using cinnamon sticks, whole cloves, fresh sliced ginger, and even a vanilla bean and simmering for 15 minutes. Just remember to strain before drinking!



Make ahead:

Make this up to 5 days ahead of time and simply reheat.

See how to make a pre-made mix of this to store in the pantry on page 106



HOT "CHOCOLATE"



YIELDS
1 cup







INGREDIENTS

- 1.5 tbsp Carob Powder
- 1 tbsp Coconut Sugar or Maple
 Sugar
- 1/8 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1 cup Coconut, Tigernut, or Banana
 Milk

DIRECTIONS

Mix all of the ingredients in a small saucepan and heat until desired temperature.



Make ahead:

Make this up to a 5 days ahead of time and simply reheat.

See how to make a pre-made mix of this to store in the pantry on page 106



MAPLE VANILLA LATTE







INGREDIENTS

- 1 cup Coconut, Tigernut, or Banana Milk
- 1.5 tsp Maple Sugar (or Maple Syrup)
- 1/2 tsp Vanilla Powder (or Vanilla Extract)

DIRECTIONS

Mix all of the ingredients in a small saucepan and heat until desired temperature.



Additional Tips:

I personally like the taste of the maple sugar and vanilla powder over the liquid forms of these, but it's not enough of a difference to warrant going out and buying them if you don't already have them or need them for another recipe.



Make ahead:

This can be mixed up to 5 days ahead of time and heated when needed



GOLDEN MILK LATTE



YIELDS 1 cup



TIME5 minutes



YouTube
Tap to Watch (This is
for many of the coffees)



Coconut-free

INGREDIENTS

- 1 cup of Coconut, Tigernut, or Banana Milk
- 1 tsp dried Turmeric
- 1/2 tsp dried Ginger
- splash of Maple Syrup
- optional pinch of Cinnamon and/or Vanilla Powder

DIRECTIONS

Whisk together in a small saucepan and then warm gently on the stove.



Make ahead:

Make this up to a 5 days ahead of time and simply reheat.

See how to make a pre-made mix of this to store in the pantry on page 106



BONE BROTH



YIELDS 10 cups

TIME **Depends**

Demo Video Tap to Watch

*You may wonder why this is in the Coffee Alternatives section - but it's delicious to drink when heated and seasoned with a bit of sea salt!



Coconut-free

INGREDIENTS

- 2-3 lbs Chicken or Beef Bones
- 10 cups Water
- 1 Bay Leaf
- 1 tbsp Apple Cider Vinegar
- scraps of or 1-2 Carrots and Celery Stalks, roughly chopped
- optional: 1/2 Onion, roughly chopped



Make Ahead:

Store in the fridge for up to a week, otherwise freeze. You can freeze it in smaller containers so that you can thaw and use just what you need.

DIRECTIONS

You can prepare this in 3 different ways - stove, slow cooker, or Instant Pot.

If using beef bones, first roast the bones at 425F for about 30 minutes.

Stove: Add ingredients to a large stockpot, bring to a boil, then let simmer for 2-4 hours. Strain and store in a glass container in the fridge.

Slow Cooker: Add ingredients to the slow cooker and cook on low for 24 hours. Strain and store in a glass container in the fridge.

Instant Pot: Add ingredients to IP, seal, and cook at high pressure for 90 minutes. Let pressure naturally release, Strain and store in a glass container in the fridge.



VEGETABLE BROTH





*You may wonder why this is in the Coffee Alternatives section - but it's delicious to drink when heated and seasoned with a bit of sea salt!



Coconut-free

INGREDIENTS

- 1 tbsp Avocado or Olive Oil
- · 3 cloves Garlic, minced
- · 2 Yellow Onions, diced
- 3 ribs Celery, roughly chopped
- 3 Carrots, roughly chopped
- 10 cups water
- Optional: 2 cups Leftover
 Vegetable Scraps (see notes)
- 2 bay leaves

DIRECTIONS

Heat the oil in a large stockpot over medium heat. Add the garlic and onions and cook for about 5 minutes, until the onions are translucent. Add the rest of the ingredients, bring to a boil, and then turn the heat down to a simmer. Simmer for 2-3 hours. Strain and store in a glass container in the fridge.



Make Ahead:

Store in the fridge for up to a week, otherwise freeze. You can freeze it in smaller containers so that you can thaw and use just what you need.



Additional Tips:

If you have scraps from veggies like shallots, mushrooms, leeks, and fresh herbs, you can add these as well to give additional flavoring.

Stay away from cruciferous veggies though like broccoli, cauliflower, and brussels sprouts as these will leave a bitter taste to your broth. Yuck!



HOT APPLE CIDER







INGREDIENTS

- 1 cup Apple Juice
- 1 small Orange
- 1 Cinnamon Stick
- 2 Cloves
- Optional: 1 Apple, sliced

DIRECTIONS

With a vegetable peeler, peel a few small sections of the orange.

In a small saucepan, add the apple juice, the juice of the orange, the orange peel, the cinnamon stick, and cloves. Bring to a boil and then let simmer for 5 minutes.

Serve with apple slices if desired.



Additional Tips:

This is also delicious with some pomegranate or cherry juice added as well.



Make ahead:

This reheats really well - the flavors get stronger each day, so multiply as needed and make up to 5 days ahead of time (but keep the apple slices out until serving).



BEETROOT LATTE



YTELDS TIME
1 cup 5 minutes



YouTube
Tap to Watch (This is
for many of the coffees)



INGREDIENTS

- 1 cup Coconut, Tigernut, or Banana Milk
- 1 tsp Beetroot Powder
- 1/2 tsp Cinnamon
- 1 tbsp Maple Syrup

DIRECTIONS

Mix the ingredients together in a small saucepan and then heat on the stove until desired temperature.



Additional Tips:

I served mine with dried rose petals but that's just for show. It sure is fun though :-)



Mix ingredients up to 5 days ahead of time and heat when needed.



MATCHA TEA LATTE





YTELDS TIME
1 cup 5 minutes



INGREDIENTS

- 1 cup Coconut, Tigernut, or Banana Milk
- 1 tsp Matcha Powder
- 1-3 tsp Honey or Maple Syrup

DIRECTIONS

Whisk all of the ingredients together in a small saucepan and heat to desired temperature.



Additional Tips:

This does contain a small amount of caffeine so be cautious if having in the afternoon. Many times tea-based caffeine acts differently in the body than coffee-based caffeine but it still is something to pay attention to.



Mix ingredients up to 5 days ahead of time and heat when needed.



CHUNKY MONKEY ICED COFFEE





10 minutes



INGREDIENTS

- 1 recipe Chicory Dandelion coffee (pg. 80)
- 1/2 cup Coconut or Tigernut milk (or water)
- 1 Banana
- 1 tbsp Carob Powder
- 1 tbsp Maple Syrup

DIRECTIONS

Place all of the ingredients in a blender and mix until smooth. Serve over ice if desired.



Make up to 4 days ahead of time and store in the fridge.

PRE-MADE HOT DRINK MIXES





10 servingss 10 minutes



These are pre-made mixes you can have on hand that make it really simple to make a hot drink.

Simply mix and store in an airtight container in the pantry for up to a year. When you want a drink, scoop out the indicated amount of the mix and whisk together with your favorite milk (or water - see Additional Tips) and heat on the stove or in the microwave.



Additional Tips:

You can also mix in approximately 1.5 cups of Coconut Milk Powder to the mixes in place of using any milk with them. This is a great option if you're traveling a lot and need something that doesn't need to be heated on a stove. Then all you need to do is add hot water to the mix (typically you can get hot water anywhere - like for tea). Note that this option may be a bit clumpy (coconut milk powder tends to clump) and that you'll need to add another 2 tablespoons of mix to each serving when making the drink.

TO MAKE THE MIXES:

Mix all of the ingredients in a small bowl, multiplying as necessary for the amount you want. Store the mix in an airtight container for up to a year.

CHAI LATTE MIX

- 2.5 tsp Mace (or Nutmeg as a Stage 1 Reintro or for Paleo)
- 2.5 tsp Ground Cloves
- 5 tsp Ground Ginger
- 5 tsp Ground Cinnamon
- 3 tablespoons Coconut or Maple Sugar
- 5 tsp Vanilla Powder (Optional)
- Optional: 1.5 cups Coconut Milk Powder

TO MAKE A DRINK:

When making the latte, mix **1 tablespoon** of the mix with 1 cup milk of choice and heat.

If you added coconut milk powder, mix **3 tablespoons** of the mix with **1** cup of hot water.

PRE-MADE MIXES CONTINUED..

HOT "CHOCOLATE" MIX

- 1 cup Carob Powder (or Cocoa Powder for Stage 1 Reintro or Paleo)
- 2/3 cup Coconut or Maple Sugar
- 1 tsp Cinnamon
- 1 tsp Sea Salt
- Optional: 1.5 cups Coconut Milk
 Powder

TO MAKE A DRINK:

When making the latte, mix **2.5 tablespoons** of the mix with 1 cup milk of choice and heat.

If you added coconut milk powder, mix **4.5 tablespoons** of the mix with 1 cup of hot water.

GOLDEN MILK LATTE MIX

- 10 tsp dried Turmeric
- 5 tsp dried Ginger
- 2.5 tsp Coconut or Maple Sugar
- 1 tsp Cinnamon
- 1 tsp Vanilla Powder (optional)

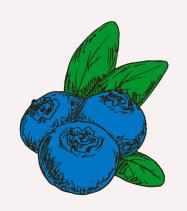
TO MAKE A DRINK:

When making the latte, mix **2 teaspoons** of the mix with **1 cup milk of choice and heat**.

If you added coconut milk powder, mix 2 tablespoons + 2 teaspoons of the mix with 1 cup of hot water.







BREAKFAST TOPPINGS

P	age	Recipe
	110	Breakfast Toppings Ideas
	112	Apple Pear Compote
	113	Blueberry Syrup
	114	Caramelized Bananas
	115	Quick Fig Jam
	116	"Chocolate" Sauce
	117	Toasted Coconut Butter
	118	Toasted Coconut Flakes
	119	Coconut Whipped Cream
	120	Stewed Berries (Berry Sauce)
Tap or Click a recipe to go straight there!	121	30-Second Tigernut Butter
	122	Sautéed Apples and Raisins
	123	Dried Cranberries

BREAKFAST TOPPINGS IDEAS

Acai Powder Fresh Fruit, chopped or diced Apple Butter (homemade, with compliant ingredients) Frozen Fruits and Berries Apples, plain, diced or sliced Ginger (ground or freshly grated/minced) Apples, sautéed in a pan with cinnamon and coconut oil Grapefruit, sliced or diced Apple Pear Compote (pg. 112) Grapes **Apple Sauce** Honey Apricots, diced or sliced Kiwi Avocado, chopped or mashed Lemon zest Bananas, sliced Lime zest Banana (Dried Chips), crumbled Mace Beets, raw, shredded Mango, sliced Berry Sauce (pg. 120) Maple sugar **Blackberries** Maple Syrup Blueberries Melon, diced or sliced Blueberry Syrup (pg. 113) Mint Cantaloupe, diced or sliced Molasses Caramelized Bananas (pg. 114) Oranges, sliced Carob Powder (or made into homemade carob chips) Orange Zest Carrots, shredded or grated Passionfruit, diced Cherries, diced or sliced Peaches, sliced or diced "Chocolate" Sauce (pg. 116) Peach Butter (homemade, with compliant ingredients) Cinnamon Pears, sliced or diced Coconut Butter (aka as coconut concentrate or manna) Pear Butter (homemade, with compliant ingredients) Coconut Cream Pineapple, diced or sliced Coconut Whipped Cream (pg. 119) Plantain Chips, crumbled Coconut, Flakes or Unsweetened Shredded Plums, sliced or diced Coconut Milk Yogurt (pg. 36) Pomegranate Arils Coconut Sugar Quick Fig Jam (pg. 115) Cranberries **Raisins** Dates, chopped Raspberries Dragonfruit, diced or sliced Rhubarb, chopped or diced **Dried Apricots** Roasted Beets, diced Dried Blueberries (make sure no sunflower oil) **Roasted Strawberries** Dried cherries (make sure no sunflower oil) Rosemary, chopped finely Dried Cranberries (make sure no sunflower oil) (pg. 123) Sautéed Apples and Raisins (pg.122) Fennel, chopped finely or sliced Sea Salt (large flake) **Fermented Apples and Raisins** Strawberries, diced or sliced Figs, dried or fresh, chopped or sliced Stewed Berries (pg. 120) Freeze-dried Bananas Tigernuts (sliced or chopped) Freeze-dried Mango Tigernut butter (pg. 121) Freeze-dried Peaches Toasted Coconut (flakes or shredded) pg. Freeze-dried Pineapple Toasted Coconut Butter (pg. 117)

Freeze-dried Raspberries

Freeze-dried Strawberries

Fresh Berries (except goji)

110

Turmeric (ground or freshly grated/minced)

Vanilla Powder (grain-free, sugar-free)

Watermelon (without seeds), chopped

HOW TO USE THESE BREAKFAST TOPPINGS

When I was doing AIP I remember being SO bored with toppings because I couldn't remember what I could have in the moment! I think I had maple syrup, blueberries, shredded coconut, or bananas on everything.

So one of the first things I did when I started working on AIP breakfast recipes for my blog was to come up with a list of ALL the things I could think of that could serve as toppings. What you see on the previous page is it!

These toppings can be used in so many different ways:

- on top of any of the porridges or sweet potato bowls
- on or in the yogurt
- on top of the Parfaits
- over pancakes or waffles
- over smoothie bowls
- in a bowl with a bunch of veggies and meat
- on sweet potato toast
- and more

Most of these toppings are on the sweet side, though you could use some of them on top of soup as well. Like dried banana chips crumbled on a soup gives you that crunch you might be missing from seeds or nuts.

Additionally, most of these are items you don't need to cook or prepare much, like raisins or fresh fruit.

However, the following are recipes for some of the ideas that do require a little cooking or prep, but they're well worth it, and many can be made ahead of time and frozen for later!



APPLE PEAR COMPOTE





YIELDS TIME
1-2 servings 25 minutes



INGREDIENTS

- 1 tbsp Coconut or Avocado Oil
- 1 tbsp Honey, Coconut Sugar, or Maple Syrup
- 1 Apple, diced
- 1 Pear, diced
- 1/2 cup Pomegranate Arils
- 1/2 tsp Cinnamon
- pinch Sea Salt

DIRECTIONS

Set a small saucepan over medium heat. Add the oil and melt if necessary. Add the sweetener and stir until it's dissolved into the oil.

Then add the rest of the ingredients and stir well. Simmer for 15-20 minutes, or until the apples and pears are soft.

Serve!



Additional Tips:

You could replace the fruit with peaches or plums as well - still delicious!



Make Ahead:

Store this in the fridge for up to a week.



BLUEBERRY SYRUP







INGREDIENTS

- 1 cup Blueberries
- 1/4 cup Maple Syrup

DIRECTIONS

Put the blueberries and maple syrup in a small saucepan. Bring to a simmer and cook, stirring occasionally, for 10 minutes.

T Additional Tips:

Add a pinch of vanilla powder for a different flavor!

Additional Tips:

This is a another great one to stir into plain coconut yogurt.

Make Ahead:

You can make this up to 2 weeks ahead of time or freeze it in ice cube trays for several hours, then pop out and store in a freezer-safe container for up to 3 months. When needed, simply thaw in the fridge or gently reheat on the stove or in a microwave.



CARAMELIZED BANANAS





YIELDS TIME 2 servings 7 minutes



INGREDIENTS

- 1 tbsp Coconut or Avocado Oil
- 1 Banana

DIRECTIONS

Heat a small frying pan over medium heat. Add the oil to heat.

Peel then slice a banana into 1/4-inch slices. Place the slices in the pan and cook for 3 minutes. Flip the slices and cook for an additional 3 minutes.

Serve.



Additional Tips:

Add a pinch of cinnamon if desired!



Make Ahead:

These are best served fresh but can be stored in the fridge for up to 4 days. They'll just be a bit "soggier" after being refrigerated.



QUICK FIG JAM





YIELDS TIME
3-4 servings 20 minutes



INGREDIENTS

- 6 dried Figs, roughly chopped
- water to cover

DIRECTIONS

Put the figs and water to cover in a small saucepan, bring to a boil, and then simmer for 15-20 minutes or until the figs are soft and can easily be mashed.

Mash the figs with a fork until it becomes a jam-like consistency. If you need to, pour off any excess water.



Additional Tips:

Add some dried apricots to give this a bit of different flavor!



Make Ahead:

You can make this up to a week ahead of time or freeze it in ice cube trays for several hours, then pop out and store in a freezer-safe container for up to 3 months. When needed, simply thaw in the fridge or gently reheat on the stove or in a microwave.



"CHOCOLATE" SAUCE





YIELDS
1/2 cup

TIME 10 minutes



INGREDIENTS

- 1/2 cup Coconut or Tigernut Milk
- 2 tbsp Carob Powder
- 2 tbsp Maple Syrup
- 1 tsp Arrowroot Powder
- Pinch Sea Salt

DIRECTIONS

Add all of the ingredients to a small saucepan over medium heat. Cook, whisking occasionally, until it becomes creamy, approx 4 minutes.



Additional Tips:

This is great over fresh berries as a dessert!



Make Ahead:

Refrigerate for up to 5 days. It may develop a "skin" but simply remove that and then stir. You may also need to reheat it a bit if it gets too thick after refrigeration.

You can also freeze it in ice cube trays for several hours, then pop out and store in a freezer-safe container for up to 3 months. When needed, simply thaw in the fridge or gently reheat on the stove or in a microwave.



TOASTED COCONUT BUTTER





10 minutes

INGREDIENTS

 2 cups Shredded Unsweetened Coconut

DIRECTIONS

Toast the coconut in a frying pan over medium heat until golden brown. You'll need to stir frequently for about 5-7 minutes.

Blend in a high-speed blender or food processor for 1-2 minutes, using the tamper or scraping down the sides, until smooth and liquidy.



Additional Tips:

Melt the coconut butter once it's solidified in a sauce pan of hot water or in the microwave.



Make Ahead:

Store in an airtight container in the pantry for up to a year.



TOASTED COCONUT FLAKES



YIELDS 1 cup



10 minutes



YouTube Tap to Watch

INGREDIENTS

1 cup Coconut Chips

DIRECTIONS

- Heat a non-stick pan over medium heat.
- Pour a layer of coconut chips into the pan. Let it sit there for about 3 minutes.
- Start to stir occasionally until the chips are browned. Make sure you don't leave the pan unattended when the chips start to brown as they can go from toasted to burnt in a very short time.
- Turn the heat off once they are browned and set aside to cool



You can add a pinch of cinnamon to give these a bit of flavor if you want. Add it as you take them off of the stove and stir to mix.



Store in an airtight container in the pantry for up to 3 months.



COCONUT WHIPPED CREAM



YIELDS
Depends



TIME 5 minutes



Demo Video Tap to Watch

INGREDIENTS

- 1 can Chilled Coconut Cream (these range in size – see notes) chilled in the fridge for 24 hours
- 1 tsp Maple Syrup



Additional Tips:

I honestly don't even bother "whipping" the cream half the time. Usually I just mix with a fork and glop it on. Laziness for the win! It tastes the same...



Make Ahead:

This will keep in the fridge up to 3 days, but you'll probably have to whip it again if you want flufiness.

DIRECTIONS

For best results, put your mixing bowl and mixer beaters in the fridge or freezer for 30 minutes beforehand.

Spoon the coconut cream into the mixing bowl, taking care to leave any liquid in the can.

Mix on high for 1-3 minutes, or until the cream is fluffy and peaks form. Add the maple syrup and mix for an additional minute.



Additional Tips:

If you're doing AIP, find guar gum and other preservative-free coconut cream. These typically come in larger 13.5 oz cans in the US. If you're just doing Paleo and are ok with guar gum, the smaller, 5 oz cans work well.



Additional Tips:

The different brands of coconut cream work differently as well – try a few brands out to see which texture you like best.



STEWED BERRIES/BERRY SAUCE





YIELDS 2 cups

30 minutes



INGREDIENTS

- 2 cups Mixed Berries, fresh or frozen
- 1/4 cup Water
- 1-2 tbsp Maple Syrup (optional)



Make Ahead:

You can make this up to a week ahead of time or freeze it in ice cube trays for several hours, then pop out and store in a freezer-safe container for up to 3 months. When needed, simply thaw in the fridge or gently reheat on the stove or in a microwave.

DIRECTIONS

Put the berries and water into a small saucepan. Bring to a boil and then simmer for 20-30 minutes. Taste for sweetness and then add maple syrup if desired.



Additional Tips:

This really is super easy with frozen berries! Such a great way to get a pop of color and flavor in the middle of winter.



Additional Tips:

In addition to being a topping, try stirring a few spoonfuls into coconut yogurt - yum!



30-SECOND TIGERNUT BUTTER



YIELDS
3 tbsp



TIME 1 minute



YouTube Tap to Watch



Coconut-free

INGREDIENTS

- 1-2 tbsp Tigernut Flour
- 1-3 tbsp Avocado Oil
- pinch Sea Salt

DIRECTIONS

Put the tigernut flour in a small bowl. Drizzle in some of the avocado oil and mix well with a fork or spoon, making sure to break up any clumps of tigernut flour.

Add more oil as needed to get to a consistency you desire, letting the mixture sit for a few seconds in between additions to let the flour absorb the oil.

Add a pinch of sea salt and any other variations you might like and use!



Additional Tips:

Make it more flavorful with some additions like a pinch each of: Cinnamon, Vanilla Powder, and Honey or Maple Syrup



Make Ahead:

This keeps in the fridge for 1-2 weeks



Substitutions:

Substitute melted coconut oil or another desired oil/fat for the avocado oil



SAUTÉED APPLES AND RAISINS



1 cup





INGREDIENTS

10 minutes

- 1 tbsp Coconut or Avocado Oil
- 1 Apple, diced
- 2 tbsp Raisins
- 1 tsp Cinnamon
- 1 tsp Honey
- Pinch Sea Salt

DIRECTIONS

Heat a small pan over medium heat. Add the oil and let heat for a minute, then add the rest of the ingredients and stir to combine.

Cook, stirring occasionally for about 7 minutes or until the apples are heated through and beginning to get soft but not mushy.



Additional Tips:

Try this with pears as well!



Make Ahead:

This keeps in the fridge for about 5 days.



DRIED CRANBERRIES







YouTube
Tap to
Watch



Coconut-free

INGREDIENTS

- 12 oz bag Fresh Cranberries (this is about 3.5 cups)
- 1-2 tbsp Fruit Juice or Honey
- 1 tbsp Avocado Oil (or olive oil too, but it may leave a taste)



Make Ahead:

If you want to store the dried cranberries, put them in a glass jar or airtight container and then keep them at room temperature for another day or two, tossing them once a day. This will help remove any remaining moisture.

From there you can store in the pantry at room temperature for up to 1 month (but if you didn't use sweetener, freeze them at this point).

Otherwise you can freeze them by spreading them out on a baking sheet, baking dish, or paper plate and putting them in the freezer. Once frozen (just a few hours), pour them into a freezer-safe container or bag and store in the freezer for up to a year.

DIRECTIONS

Set a saucepan of several cups of water to boil.

Once it's boiling, remove the pan from the stove and add the cranberries. Let them sit in the water for about 5 minutes. Many of the cranberries should pop during this time. Don't leave them in for longer than 5 minutes as they'll start to turn mushy, and don't be tempted to boil them because they'd definitely turn mushy. IF you happen to do this, use those cranberries for cranberry sauce instead. Drain the cranberries using a colander, then return them to the pan. Mix with either a few tablespoons of fruit juice or honey (don't use honey if doing Whole30) and a tablespoon of avocado oil.

Pour the mixture out onto a parchment-lined baking sheet and then using a small knife, pierce any cranberries that haven't popped. Put the pan into an oven set to 225 F and bake for 2 hours. At 2 hours, check to see if you missed any berries that weren't popped and using a knife, carefully pop them. Watch out because they can spurt out some hot juice! Continue to bake for another 1-2 hours, or until most of the moisture is out of the berries. Don't let it go too long though or they'll get crunchy, which isn't what you want for a lot of recipes. They're delicious when crunchy though!

Remove the sheet pan from the oven and set it somewhere to cool and dry a bit more for several hours.



SMOOTHIES







SMOOTHIES

Page Recipe

"Go-to" Green Smoothie

127 Papaya Lime

128 Blueberry Cauliflower





GO-TO GREEN SMOOTHIE





TIME 10 min



INGREDIENTS

- 1/2 Frozen Banana
- 1 large handful Spinach
- 1 rib Celery
- 1/2 Avocado
- 1 scoop Collagen, optional
- 1/2 cup Coconut or Tigernut Milk or water if you don't have either – and add more if you want it thinner to drink
- 1/2 Lemon juice of (about 2 tbs)
- 1-inch slice fresh Ginger (could also use 1 tsp of dried Ginger)

DIRECTIONS

Blend everything together and enjoy!



Additional Tips:

This is a pretty thick recipe and more like a smoothie bowl that you eat with a spoon, so add more milk or water to make it drinkable.



Make Ahead:

This isn't very "frozen" so you can make this up to 5 days ahead of time and store in the fridge. I often make several servings at once and just have a bit at a time.

Or you can freeze directly into a freezer-safe bag or container in individual serving sizes, or freeze in 1-2 cup Souper Cubes or silicon muffin trays and then pop up and store in a freezer-safe container or bag. Thaw in the fridge overnight.



PAPAYA LIME





TIME 10 min



INGREDIENTS

- 1/2 Frozen Banana
- 1 cup frozen Papaya
- 1 tbsp Lime Juice
- 1/2 small Zucchini
- 3/4 cup Coconut or Tigernut Milk or Water
- 1 scoop Collagen, optional

DIRECTIONS

Blend everything together and enjoy!



Additional Tips:

This is a pretty thick recipe and more like a smoothie bowl that you eat with a spoon, so add more milk or water to make it drinkable.



Make Ahead:

This isn't very "frozen" so you can make this up to 5 days ahead of time and store in the fridge. I often make several servings at once and just have a bit at a time.

Or you can freeze directly into a freezer-safe bag or container in individual serving sizes, or freeze in 1-2 cup Souper Cubes or silicon muffin trays and then pop up and store in a freezer-safe container or bag. Thaw in the fridge overnight.



BLUEBERRY CAULIFLOWER





TIME 10 min



INGREDIENTS

- 1/2 cup frozen Blueberries
- 1/2 cup frozen Cauliflower florets
- 1 tsp Maple Syrup or 1 pitted
 Date
- 2 tsp Lemon Juice
- 3/4 cup Coconut or Tigernut Milk or Water
- 1 scoop Collagen, optional

DIRECTIONS

Blend everything together and enjoy!



Additional Tips:

This is a drinkable smoothie, but if you want to make it thicker simply add less milk or water



Additional Tips:

I don't recommend skipping the lemon juice in this recipe - otherwise you do taste the cauliflower. Lime juice will work as well.

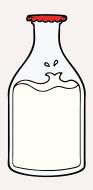


Make Ahead:

You can make this up to 5 days ahead of time in the fridge and serve over ice if it's not cold enough.

Or you can freeze directly into a freezer-safe bag or container in individual serving sizes, or freeze in 1-2 cup Souper Cubes or silicon muffin trays and then pop up and store in a freezer-safe container or bag. Thaw in the fridge overnight.





DIY MILKS

Page	Recipe
131	Banana Milk
132	Coconut Milk
133	Coconut "Ricotta"
134	Tigernut Milk
135	Sweet Potato Milk
Тар (90	or Click a recipe to straight there!



BANANA MILK



YIELDS 1-2 cups



TIME 2 minutes



YouTube <u>Tap to</u> Watch



INGREDIENTS

- 1 Banana
- 1-2 cups Water

DIRECTIONS

Blend together for 1 minute in a blender or food processor.

This is best served immediately. It won't go bad after that but it will discolor and turn brown.



Additional Tips:

Add a date or 1 tsp maple syrup to sweeten it up a bit more.



Additional Tips:

This is also great with a pinch of cinnamon!



COCONUT MILK



YIELDS 4 cups



TIME 10 minutes



YouTube Tap to Watch

INGREDIENTS

- 2 cups Shredded, Unsweetened
 Coconut
- 4 cups Water



Additional Tips:

Use the leftover pulp to make the ricotta recipe on the next page!

Or make coconut flour: spread the pulp in a very thin layer on a baking sheet or dehydrator tray and bake at 250 F for 30-60 minutes (or 3-4 hours at 160 F in the dehydrator) until dry, then pulse in a blender or food processor until a fine powder!

DIRECTIONS

Put the coconut and water into a blender. Blend on high for about 3 minutes, or until no chunks remain.

Pour the mixture through a nut milk bag, cheesecloth, or fine mesh sieve. Squeeze and knead to get all of the milk out. Pour into a glass storage container and refrigerate until needed.



Make ahead:

Make and store in the fridge for up to a week. It may settle a bit so shake or stir if necessary. Or you can freeze the milk. Freeze in ice cube-sized cubes for easy thawing or in 1-2 cup servings either directly into a freezer bag or container or into 1-2 cup Souper cubes or silicone muffin trays, then pop out when frozen and store in a freezer-safe container.

Thaw overnight in the fridge or quickly in the microwave or on the stove.



COCONUT "RICOTTA"







TIME 10 minutes

INGREDIENTS

- Leftover pulp from making coconut milk
- 1 Date, pitted
- 1 tsp Cinnamon
- 1 pinch Sea Salt
- 1/2-1 cup Water

DIRECTIONS

Mix all the ingredients in a blender until it resembles ricotta cheese. I usually start with 1/2 cup water and then add more if needed (it will seem too dry if you need more).



Make ahead:

Store in the fridge for up to a week.



TIGERNUT MILK



YIELDS 4 cups



TIME 24-48 hours + 10 minutes



YouTube Tap to Watch



Coconut-free

INGREDIENTS

- 1 cup Whole Tigernuts
- 4 cups Water divided
- pinch Sea Salt



Make Ahead:

Make and store in the fridge for up to a week. It may settle a bit so shake or stir if necessary. Or you can freeze the tigernut milk. Freeze in ice cube-sized cubes for easy thawing or in 1-2 cup servings either directly into a freezer bag or container or into 1-2 cup Souper cubes or silicone muffin trays, then pop out when frozen and store in a freezer-safe container.

DIRECTIONS

24-48 hours ahead of time, place the tigernuts into a jar or bowl and cover with water. Store covered in the fridge for 24-48 hours.

When ready to make the milk, strain the water out, rinse, and then add the tigernuts, the remaining 2 cups of water, and the pinch of sea salt to a blender. Blend on high for 3-4 minutes, or until there are no chunks remaining.

Strain the mixture through a nut milk bag, cheesecloth, or a fine mesh sieve. Squeeze or knead as needed to get all of the liquid out.

Store in a glass jar in the fridge for up to a week.



SWEET POTATO MILK



6 cups



30 minutes



YouTube Tap to Watch



Coconut-free

INGREDIENTS

- 1 Sweet Potato (use a bigger potato for thicker, creamier milk and a smaller one for less creamy milk)
- 4 cups Water (plus more after cooking if needed to make 4 cups)
- 1 tsp Maple Syrup



Make Ahead:

Make and store in the fridge for up to 5 days. It may settle a bit so shake or stir if necessary. Or you can freeze the milk. Freeze in ice cubesized cubes for easy thawing or in 1-2 cup servings either directly into a freezer bag or container or into 1-2 cup Souper cubes or silicone muffin trays, then pop out when frozen and store in a freezer-safe container.

DIRECTIONS

Peel and chop the potato into 1-inch cubes. Add to a pot and add 4 cups of water.

Bring the pot to a boil over medium-high heat and boil for approx 15 minutes, or until the potatoes are soft and easily pierced with a fork.

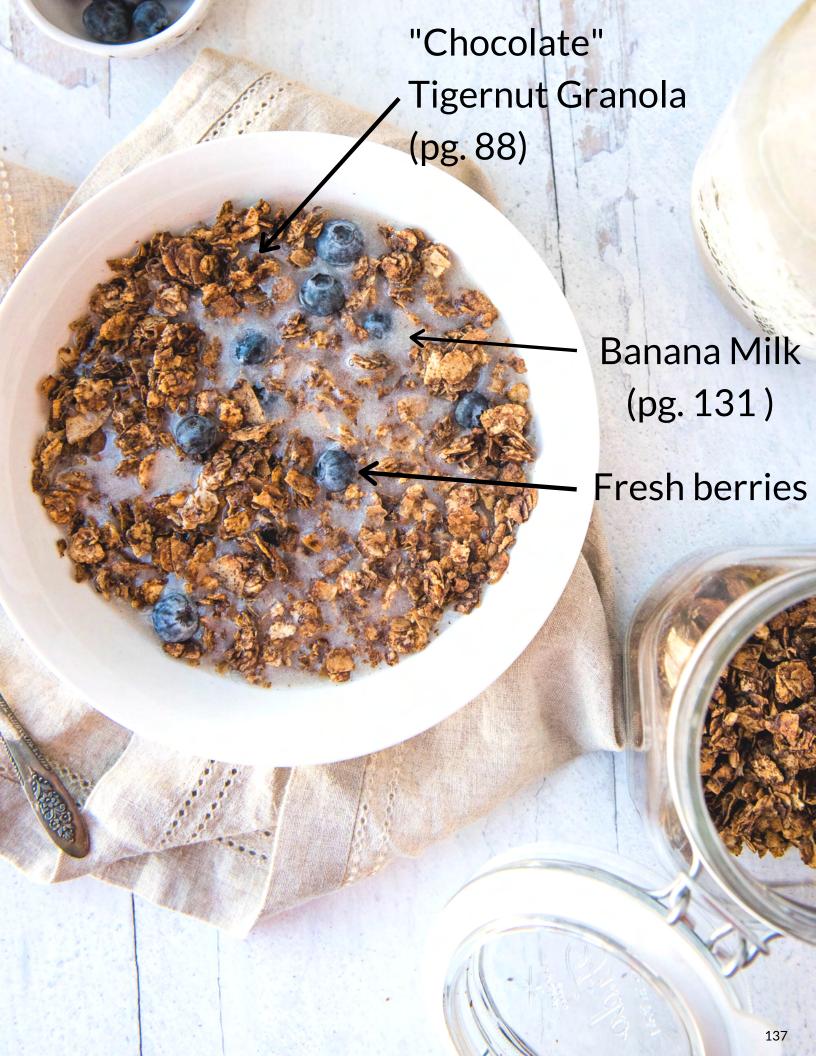
Using a slotted spoon, transfer the potatoes to a blender, reserving the cooking water.

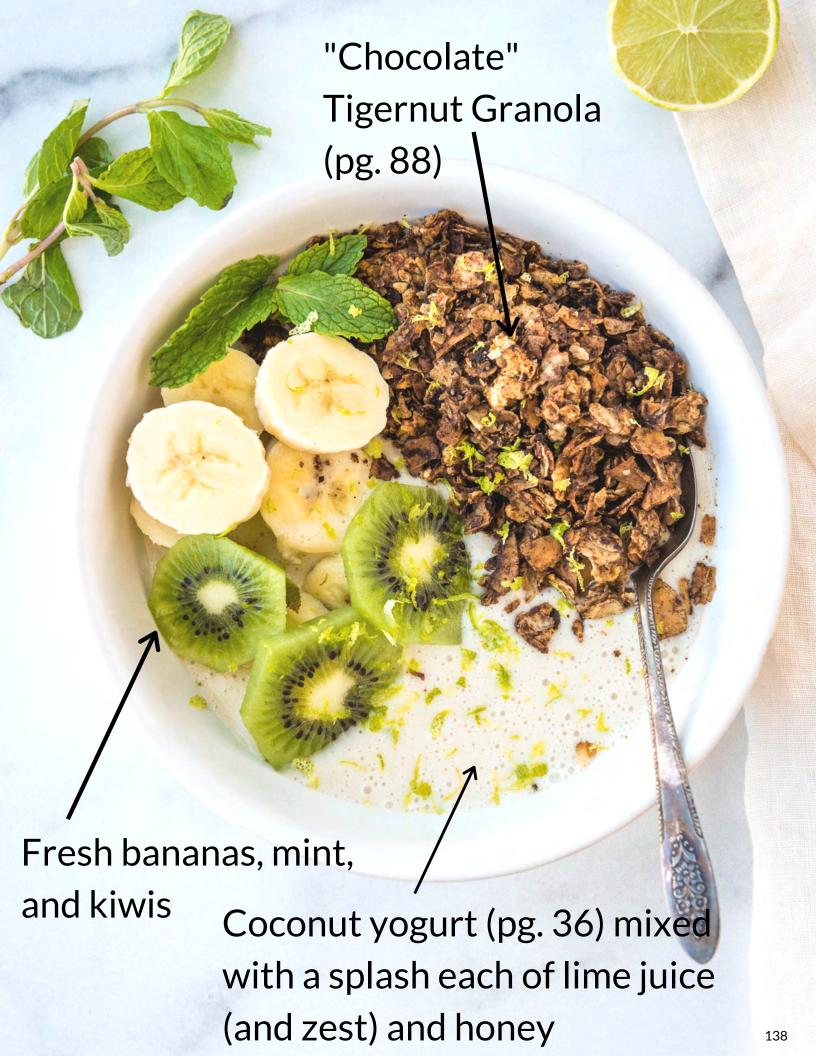
Pour the cooking water into a measuring cup. You'll need 4 cups so if some of the water was absorbed into the potatoes or evaporated during the cooking process, add fresh water to make 4 cups. Add this water to the blender as well.

This step is optional, but you can also add 1 tsp of maple syrup at this time.

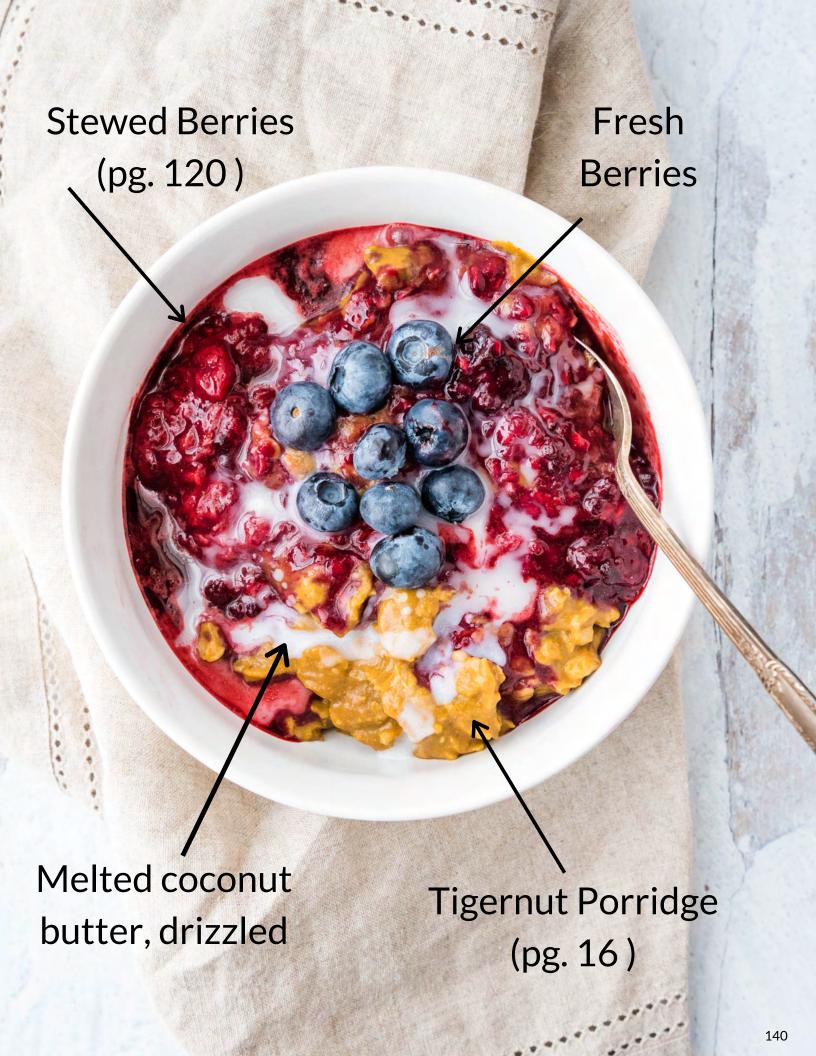
Blend the mixture on high for 1-3 minutes, or until completely blended and creamy. Store in the fridge for up to 5 days or the freezer for up to 3 months.









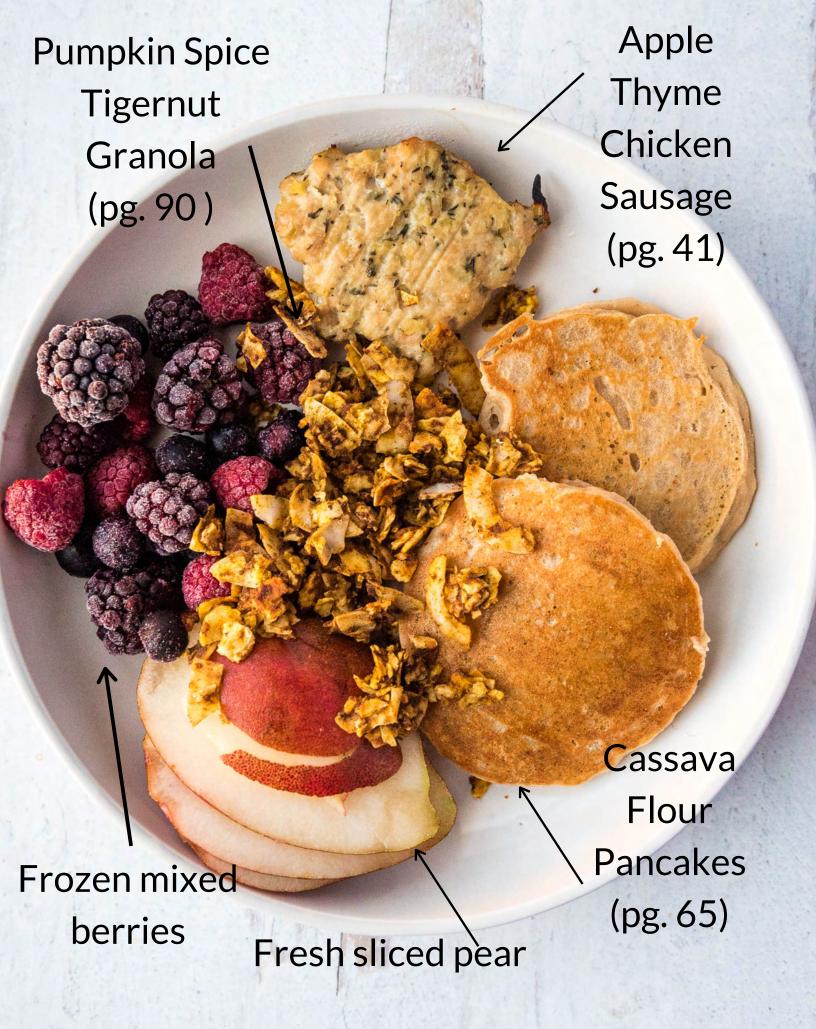










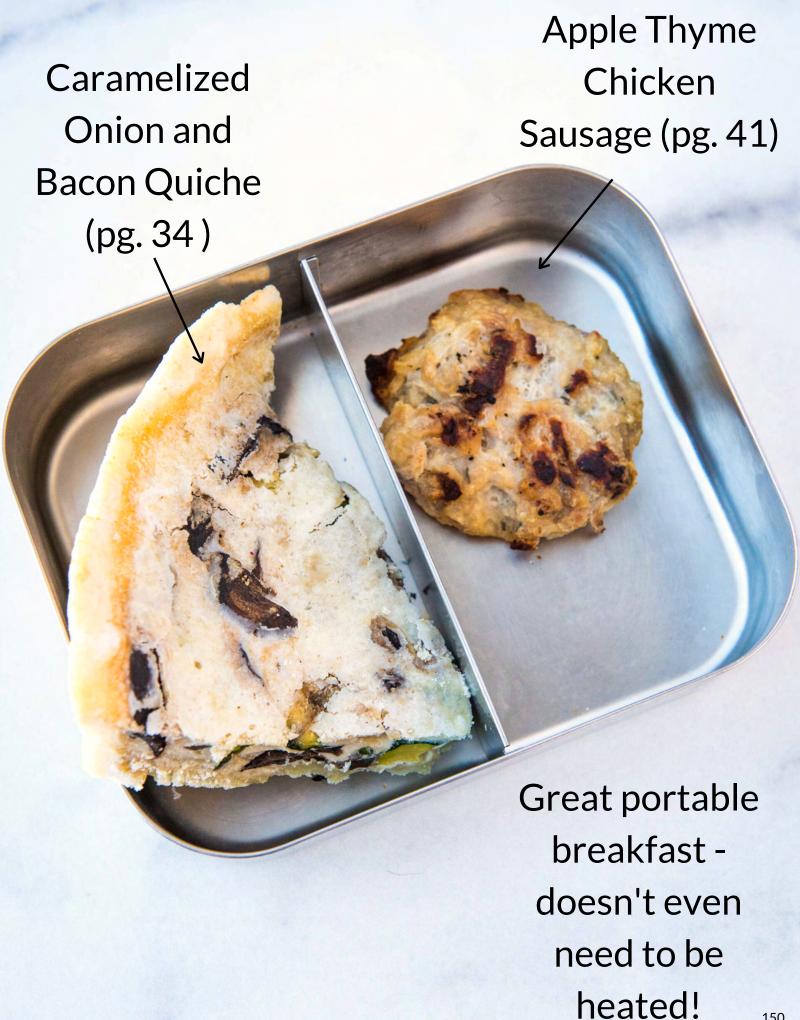




Spinach Pancakes (pg. 65) Coconut Yogurt (pg. 36) Pumpkin Spice Apple Thyme **Tigernut** Chicken Granola Sausage Fresh berries and (pg. 90) (pg. 41) sliced apricot











Index

apples			
Apple Cauliflower Porridge 11-12			
Apple Muffins 81-82			
Apple Pear Compote 112			
Apple Thyme Chicken Sausage 40-41, 145	-147, 150, 152		
Hot Apple Cider 102			
Sautéed Apples and Raisins 122			
Sweet Potato and Apple Hash 31-32			
Veggie Sheet Pan Breakfast 27-28			
Asparagus Soup 48-49			
avocados			
Mint Avocado Pudding 23-24, 148			
Go-to Green Smoothie 126, 149			
Guacamole 45, 151, 152			
Nourishing Breakfast Bowl 25-26			
· ·			
В			
Baked Tigernut Porridge 15-16, 140	blueberries		
bananas	Berry Crumble 71-72		
Banana Milk 131, 137	Blueberry Cauliflower Smoothie 128, 149		
Caramelized Bananas 15, 114	Blueberry Muffins 83-84, 146		
Chunky Monkey Iced Coffee 105	Blueberry Pancakes 66		
Go-to Green Smoothie 126 149	Blueberry Syrup 113		

beef

Broth 100

beets

Beet Fennel Soup 50-51 **Beetroot Latte 103**

Papaya Lime Smoothie 127, 149

Root Veggie Hash 29-30

berries

Berry Crumble 71-72

Berry Sauce 120, 140, 151

Cauliflower Berry Hot Porridge 13-14

Stewed Berries 120, 140, 151

Veggie Sheet Pan Breakfast 27-28

Cauliflower Berry Hot Porridge 13-14

Maple Blueberry Sausage 38-39

Stewed Berries 120, 140, 151

breakfast Sausage

Apple Thyme Chicken 40-41, 145-147, 150, 152

Maple Blueberry 38-39

Sage Seasoning Mix 42

Bone Broth 100

Broccoli Mint Soup 52-53, 142

Broth, Beef 100

Broth, Chicken 100

Broth, Vegetable 101

brussels sprouts

Veggie Sheet Pan Breakfast 27-28

(۲ ا
C	ć
C	

aramelized Bananas 15, 114 Chicory Dandelion Coffee 95 aramelized Onion and Bacon Quiche 33-34, 150 "Chocolate" Pancakes 66 "Chocolate" Sauce 116, 144 carrots "Chocolate" Tigernut Granola 87-88, 137-139, 144, Carrot Ginger Soup 54-55, 146 Root Veggie Hash 29-30 147-148 Spiced Carrot Porridge 7-8 Chunky Monkey Iced Coffee 105 cassava flour Cinnamon Crumble Muffins 86 Berry Crumble 71-72 Cinnamon Raisin Granola 92 Blueberry Muffins 83-84, 146 coconut Cassava Flour Pancakes 64-66, 144-145, 147 Coconut Milk 132 Cranberry Orange Scones 77-78 Parfait Variations 21-22 Gingerbread Scones 79-80 Coconut "Ricotta" 133, 143 Lemon Scones 75-76 Pumpkin Pie Parfaits 17-18 Mango Kiwi Parfaits 19-20 cauliflower **Toasted Coconut Butter 117** Apple Cauliflower Porridge 11-12 Blueberry Cauliflower Smoothie 128, 149 **Toasted Coconut Flakes 118** Cauliflower Berry Hot Porridge 13-14 Whipped Coconut Cream 119 Spiced Carrot Porridge 7-8 Yogurt 35-36, 138-139, 147, 151 Chai Latte 96 cranberries, dried 123 Chai Drink Mix 106 Cranberry Orange Scones 77-78 Crispy Waffles 67-68, 141 Cherry Vanilla Yogurt 35-36 chicken Crumble, Berry 71-72 Apple Thyme Chicken Sausage 40-41, 145-147, 150, 152 broth 100 Nourishing Breakfast Bowl 25-26 Thai Chicken Soup 56-57 D **Dried Cranberries 123** F figs Quick Fig Jam 115, 141

G

Gingerbread Pancakes 66 Gingerbread Scones 79-80 Golden Milk Latte 99 Golden Milk Drink Mix 106 Go-to Green Smoothie 126, 149 granola

Cinnamon Raisin Granola 92 "Chocolate" Granola 87-88, 137-139, 144, 147-148 Pumpkin Spice Granola 89-90, 145 Guacamole 45, 151, 152

H ham Root Veggie Hash 29-30 Hot Apple Cider 102 Hot "Chocolate" 97 Hot "Chocolate" Drink Mix 106 I Italian Sausage Kale Soup 60-61 K kale Italian Sausage Kale Soup 60-61 Nourishing Breakfast Bowl 25-26 Veggie Sheet Pan Breakfast 27-28

M

Lemon Pancakes 66 Lemon Scones 75-76

Mango Banana Yogurt 35-36
Mango Kiwi Breakfast Parfait 19-20
Maple Blueberry Sausage 38-39
Maple Vanilla Latte 98
Matcha Tea Latte 104
milk
Banana Milk 131, 137
Coconut Milk 132
Sweet Potato Milk 135
Tigernut Milk 134
Mint Avocado Pudding 23-24, 148

Apple Muffins 81-82
Blueberry Muffins 83-84, 146
Cinnamon Crumble Muffins 85-86
mushrooms
Caramelized Onion and Bacon Quiche 33-34, 150
Nourishing Breakfast Bowl 25-26
Sautéed Mushrooms 37
Veggie Sheet Pan Breakfast 27-28

muffins

N

Nourishing Breakfast Bowl 25-26

Gingerbread 79-80

Lemon 75-76

pancakes pork Blueberry Pancakes 66 Maple Blueberry Sausage 38-39 Cassava Flour Pancakes 64-66, 144-145, 147 Nourishing Breakfast Bowl 25-26 "Chocolate" Pancakes 66 pumpkin Gingerbread Pancakes 66 Baked Tigernut Porridge 15-16, 140 Lemon Pancakes 66 Pumpkin Pie Parfaits 17-18 Pumpkin Spice Pancakes 66 Pumpkin Spice Pancakes 66 Spinach Pancakes 65, 147 Pumpkin Spice Tigernut Granola 89-90, 145. 147 parfaits Tandoori Pumpkin Soup 56-57 Mango Kiwi 19-20 Other flavors 21-22 Pumpkin Pie 17-18 Papaya Lime Smoothie 127, 149 parsnips Veggie Sheet Pan Breakfast 27-28 pears Apple Pear Compote 112 Pesto 45 pomegranates Apple Pear Compote 112 \mathbf{O} Quiche, Caramelized Onion and Bacon 33-34, 150 **Quick Fig Jam 115, 141** R Root Veggie Hash 29-30 S Sage Breakfast Sausage Seasoning 42 Spiced Carrot Porridge 7-8 sausage, breakfast Spinach Pancakes 65, 147 Apple Thyme Chicken 40-41, 145-147, 150, 152 Stewed Berries 101, 119, 129 Maple Blueberry 38-39 sweet potatoes Sage Seasoning Mix 42 Baked Tigernut Porridge 15-16, 140 Sweet Potato Milk 135 sausage, Italian Italian Sausage Kale Soup 60-61 Root Veggie Hash 29-30 Sautéed Apples and Raisins 122 Sweet Potato and Apple Hash 31-32 Sautéed Mushrooms 37 Sweet Potato Bowl 9-10 Sweet Potato Toast 41-45, 142-143, 151-152 scones Veggie Sheet Pan Breakfast 27-28 Cranberry Orange 77-78

T

Tandoori Pumpkin Soup 56-57 tapioca starch Apple Muffins 81-82 Blueberry Muffins 83-84, 146 Caramelized Onion and Bacon Quiche 33-34, 150 Cassava Flour Pancakes 64-66, 144-145, 147 Cranberry Orange Scones 77-78 Crispy Waffles 67-68, 141 Gingerbread Scones 79-80 Lemon Scones 75-76 Spinach Pancakes 65, 147 Thai Chicken Soup 56-57 **Toasted Coconut Flakes 118** V Vegetable Broth 101 Veggie Sheet Pan Breakfast 27-28 W waffles Crispy Waffles 67-68, 141 Tigernut Waffles 69-70 Whipped Coconut Cream 119 Y Yogurt 35-36, 138-139, 147, 151 \mathbf{Z} zucchini Caramelized Onion and Bacon Quiche 33-34, 150 Papaya Lime Smoothie 127, 149 Root Veggie Hash 29-30

tigernut

30-second Tigernut Butter 121, 149, 151 Apple Muffins 81-82 Baked Tigernut Porridge 15-16, 140 "Chocolate" Tigernut Granola 87-88, 137-139, 144, 147-148 Cinnamon Crumble Muffins 85-86 Cinnamon Raisin Tigernut Granola 92 Pumpkin Spice Tigernut Granola 89-90, 145, 147 Tigernut Milk 134 Tigernut Waffles 69-70 Yogurt 35-36, 138-139, 147, 151 **Toasted Coconut Butter 117**

VISUAL INDEX

Everyday Breakfasts



Spiced Carrot Porridge p. 8



Sweet Potato Bowl p. 10



Apple Cauliflower Porridge p. 12



Cauliflower Berry Hot Porridge. p. 14



Baked Tigernut Porridge p. 16



Pumpkin Pie Parfait p. 18



Mango Kiwi Parfait p. 20



Other Parfait Flavors p. 21



Mint Avocado Pudding p. 24



Nourishing Breakfast Bowl p. 26



Veggie Sheet Pan Breakfast p. 28



Root Veggie Hash p. 30



Sweet Potato and Apple Hash. p. 32



Bacon and Onion Quiche p. 34



Yogurt & Flavorings p. 36



Sautéed Mushrooms p. 37



Maple Blueberry Sausage p. 39



Apple Thyme Chicken Sausage p. 41



Sage Breakfast Sausage Seasoning p. 42



Sweet Potato Toast p. 44

Soups



Asparagus Soup p. 49



Beet Fennel Soup p. 51



Broccoli Mint soup p. 53



Carrot Ginger Soup p. 55



Tandoori Pumpkin Soup p. 57



Thai Chicken Soup p. 59



Italian Sausage Kale Soup p.61



Lazy Weekends



Cassava Flour Pancakes p. 65



Other Pancake Flavors p. 66



Crispy Waffles p. 68



Tigernut Flour Waffles p. 70



Berry Crumble p. 72

Baked Goods



Lemon Scones p. 76



Cranberry Orange Scones p. 78



Gingerbread Scones p. 80



Apple Muffins p. 82



Blueberry Muffins p. 84



Cinnamon Crumble Muffins p. 86



"Chocolate" Tigernut Granola p. 88



Pumpkin Spice Tigernut Granola p. 90



Cinnamon raisin Tigernut Granola p. 92

Coffee Alternatives



Chicory Dandelion Coffee p. 95



Chai Latte p. 96



Hot "Chocolate" p. 97



Maple Vanilla Latte p. 98



Golden Milk Latte p. 99



Bone Broth p. 100



Vegetable Broth p. 101



Hot Apple Cider p. 102



Beetroot Latte p. 103



Matcha Tea Latte p. 104



Chunky Monkey Iced Coffee p. 105



Pre-made Hot Drink Mixes p. 106

Breakfast Toppings



Apple Pear Compote p. 112



Blueberry Syrup p. 113



Caramelized Bananas p. 114



Quick Fig Jam p. 115



"Chocolate" Sauce p. 116



Toasted Coconut Butter p. 117



p. 118



Toasted Coconut Flakes Coconut Whipped Cream p. 119



Stewed Berries/Berry Sauce p. 120



30-Second Tigernut Butter p. 121



Sautéed Apples and Raisins p. 122



Dried Cranberries p. 123

Smoothies



Go-to Green Smoothie p. 126



Papaya Lime p. 127



Blueberry Cauliflower p. 128

DIY Milks



Banana Milk p. 131



Coconut Milk p. 132



Coconut "Ricotta" p. 133



Tigernut Milk p. 134



Sweet Potato Milk p. 135

Meal Ideas



"Chocolate" Granola, Banana Milk, and berries p. 137



Lime Yogurt Bowl p. 138



Yogurt and Fruit bowl p. 139



Tigernut Porridge bowl p. 140



Waffle with ham, arugula, and fig jam p. 141



Soup and Sweet Potato Toast p. 142



Sweet Potato Toast with "ricotta" and figs p. 143



Pancakes with Chocolate Sauce p. 144



Pancakes, sausage, and fruit p. 145



Sausage, muffin, and soup p. 146



Spinach pancakes, sausage, yogurt, and fruit p. 147



Mint Avocado Bowl p. 148



Smoothie Bowls p. 149



Bacon Onion Quiche and Sausage p. 150



Sweet Potato Toasts p. 151



Sausage Sandwich p. 152



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