



AIP

Holidays

Recipes compliant for the
Paleo Autoimmune Protocol

MICHELE SPRING

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GINGERBREAD SCONES



Want to start your morning off with a special treat? These are like having gingerbread men for breakfast!



Makes 8 scones

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

INSTRUCTIONS ON NEXT PAGE

INSTRUCTIONS

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.

CINNAMON CRUMBLE MUFFINS



Makes 6 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

INSTRUCTIONS

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.

BACON WRAPPED DATES



Serves 4

INGREDIENTS

- 8 whole pitted Dates
- 4 sliced Bacon

For an extra special treat, stuff each date with a teaspoon of tigernut butter before wrapping with bacon!

INSTRUCTIONS

Preheat the oven to 400 F.

Slit the dates and remove the pits.

Cut each slice of bacon in half, then wrap the slices of bacon around each date, securing with a toothpick.

Place on a baking sheet or in a baking dish and bake for 15 minutes, until the bacon is crisp.

*This may take longer if you get thick-cut bacon, but only cook at 3-5 min intervals without checking as they can burn easily if not watched.

If you don't have toothpicks you can place the bacon wrapped date seam side down on the baking sheet.



TOASTED COCONUT FLAKES



INGREDIENTS

- 1 cup Coconut Chips
- 1/2 - 1 tsp Flavorings
(optional, see list below)

Flavorings:

Cinnamon
Sea Salt
Apple Cider Vinegar
Carob Powder
Turmeric

INSTRUCTIONS

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 and add any favorings, if desired. Stir.

OLIVE WREATH



This is a beautiful appetizer that will be fine for any guest, no matter what they eat!

INGREDIENTS

- Black and Green Olives (make sure no pimentos)
- Roasted Garlic (recipe below)
- Rosemary twigs

INSTRUCTIONS

Preheat the oven to 425 F. Cut the top 1/4 off of a whole head of garlic, then place on a piece of aluminum foil and drizzle with olive oil. Wrap the garlic tightly, then place directly on the oven rack and bake for 30 minutes.

Once the roasted garlic has cooled enough to handle, gently squeeze each clove from the papers and set aside.

On a serving plate or platter, arrange the rosemary twigs every few inches into a circular pattern. Fill the spaces between with a variety of olives and roasted garlic.



MAPLE PUMPKIN HUMMUS



Serves 8 as a dip

INGREDIENTS

- 1 tbsp Olive Oil, Avocado Oil, or Coconut Oil
- 4 cups Cauliflower Florets (about 1 small head)
- 1 cup canned Pumpkin (not pumpkin pie filling. You can also use the equivalent amount of cooked and pureed pumpkin, butternut squash, acorn squash, etc)
- 2 cloves Roasted Garlic
- 1 tbsp Lemon Juice
- 2 tbsp Maple Syrup
- 1/2 tsp Sea Salt

For serving:

Celery, Carrots, Cucumbers, Radishes
AIP Flatbreads ([see recipe](#)).

INSTRUCTIONS

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

Place the cauliflower florets on the baking sheet and drizzle the oil over it. Toss to coat, and then spread evenly. Bake for 25 minutes.

Once the cauliflower is done food processor or blender with the rest of the ingredients and process until smooth. (You can also add to a mixing bowl and use a hand immersion blender). Transfer to a serving bowl.

ROSEMARY BEEF ROAST



This is dish that you could serve anyone (well, not Vegans obviously, ha). But it's super tasty and definitely special enough to serve on a holiday.

Serves 4-6

INGREDIENTS

- 3 lb Beef Tenderloin Roast (fat trimmed if not grass-fed)
- 3 cloves Garlic, minced
- 2 tbsp fresh Rosemary, minced
- 1 tbsp Olive or Avocado Oil
- 1 tsp Sea Salt

INSTRUCTIONS

Fold any tapered, thin ends under the roast and then tie back with kitchen twine. If the rest of the roast is thicker in some areas than others, continue to tie sections of kitchen twine around the roast to make it one, uniformly shaped log (so that it cooks evenly).

In a small bowl, combine the garlic, rosemary, and oil. Spread all over the roast, then let sit out at room temp for 1 hour.

Preheat the oven to 500 F. After the hour is up, sprinkle the roast with the sea salt, then place it on a roasting rack in a roasting pan, or if you don't have that a baking sheet covered in parchment (though this method will cook faster and slightly unevenly).

Roast for 20 minutes or until a kitchen thermometer inserted in the roast comes out at 120 F (for medium-rare). If it's not there, continue to cook in 5 min intervals until there or desired temp. Let rest for 10 minutes before slicing and serving.



S L O W C O O K E R H A M

This is a super hands-off holiday dinner recipe. Just throw it in the slow cooker (takes like 5 minutes to do) and then come back to it when it's dinnertime.

Serves 6-8

INGREDIENTS

- 1 4-6 lb Ham Roast
- 1/4 cup Honey
- Juice and zest of 1 Orange
- 2 tsp Dried Rosemary
- 4 tbs Coconut Oil (or other oil/fat you tolerate)
- 1 tbs Apple Cider Vinegar



INSTRUCTIONS

Place ham in slow cooker.

Put the rest of the ingredients on the ham.

Cook on low for 4-6 hours.

NOTE:

You can use a spiral sliced ham for this but I'd keep the cooking time more on the low end (closer to 4 hours or even less) as the slices allow it to cook faster and get dried out faster.

ROAST TURKEY



A classic main dish for the holidays, this is an AIP-ized version!

Note: I use duck fat in the recipe because it gives such a good crispy skin, but feel free to use olive oil, avocado oil, or whatever you have on hand.

Serves 8

INGREDIENTS

- 12-14 lb Turkey, neck and giblets removed
- Sea Salt
- 1 head Garlic, sliced in half lengthwise
- 1 Lemon, quartered
- 1 tbsp fresh Rosemary, minced
- 5 leaves fresh Sage, minced
- 1 tsp Thyme (fresh or dried)
- 1/2 cup Duck Fat, melted
- 2 cups Chicken Broth

INSTRUCTIONS

Position the oven rack to the lower third of your oven and preheat the oven to 450 F. Pat the turkey dry with paper towels and sprinkle 1 tsp of Sea Salt into the cavity. Then stuff the cavity with the garlic halves and lemon quarters. Tie the legs together with kitchen twine and tuck the wing tips under the body.

Brush the duck fat all over the turkey skin (using either a brush or your hands). Mix together the rosemary, thyme, and sage in a small bowl, then sprinkle all over the turkey. Sprinkle the turkey generously with sea salt.

Place the turkey breast side up on a roasting rack inside of a large pan. Pour the chicken broth into the pan. Put in the oven and immediately reduce oven heat to 350 F.

Baste every 30 to 45 minutes with the juices on the bottom of the pan, and roast for 3 to 4 hours, or until the juices run clear when you cut between the leg and thigh. (The meat temperature should be 165°).

Remove from the oven and cover the cooked turkey with aluminum foil and let rest for 20 minutes before carving.

STUFFED ACORN SQUASH



This is an easy but beautiful meal that can be made in 30 minutes.

Serves 4

INGREDIENTS

- 2 Acorn Squash, halved and deseeded
- 1 tbsp Avocado Oil
- 1.5 lb Ground Pork or ground meat of choice
- 1 tsp dried Parsley
- 1 tsp dried Thyme
- 1 tsp Sea Salt
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 medium Onion, diced
- 1/2 cup Raisins
- 1 large handful Baby Spinach, chopped
- 1/2 cup Pomegranate Arils



INSTRUCTIONS

Preheat the oven to 425 F. Cut the acorn squashes in half, then remove the seeds. Place facedown in a baking dish and sprinkle a bit of water around them. Bake for 30 minutes. Meanwhile, heat a medium skillet over medium heat. Add the avocado oil and then add the ground pork, breaking it up with your hands as you add it to the pan. Then add the parsley, thyme, sea salt, garlic powder, and onion powder and mix into the meat as you break the meat with a spatula. Once the meat has mostly browned, add the diced onion and cook, stirring frequently, for about 5 minutes, or until the onion has turned translucent. Then add the raisins and baby spinach and continue to cook for a few more minutes, until the spinach has wilted. Finally, add the pomegranate arils and mix well. Put the roasted squash halves on plates and then divide the mixture between the squash. Serve!

BRUSSELS SPROUTS



This is one of our favorite side dishes! You can prep and mix the entire thing hours ahead of time (up to 2 days) and then just throw onto a baking sheet and roast right before serving!

Serves 6-8

INGREDIENTS

- 2 lbs Brussels Sprouts
- 2 Apples, peeled, cored, and thinly sliced or diced
- 2 Shallots, diced
- 1/2 tsp Sea Salt
- 1/4 cup Bacon Fat, melted (or you can use Avocado, Coconut, or Olive Oil)

INSTRUCTIONS

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

Cut off the ends of the brussels sprouts and pull off any yellow outer leaves. Roughly slice the brussels sprouts.

In a large bowl, mix all of the ingredients well. Pour the mixture onto the prepared baking sheet and bake for 25-30 minutes.

CRANBERRY & PINEAPPLE SAUCE



Cranberry gets a fresh makeover with this recipe!

Serves 6-8

INGREDIENTS

- 1 lb bag of fresh Cranberries (4 cups)
- 1 x13.5 oz can Pineapple Pieces or Chunks (cut into small pieces) OR 1/2 fresh Pineapple cut into small pieces
- 3 tbsp Maple Syrup

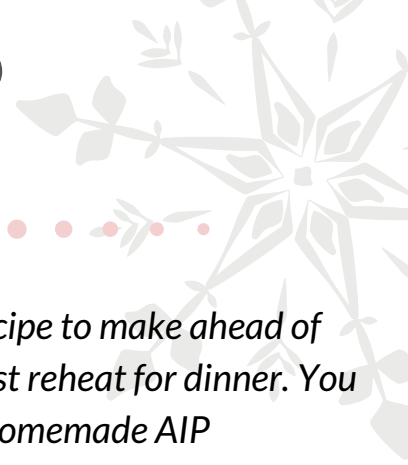


INSTRUCTIONS

Mix everything in a small sauce pan and then simmer over medium-low heat for 20-30 minutes, or until the cranberries are soft.



SWEET POTATO CASSEROLE



This is a great recipe to make ahead of time and then just reheat for dinner. You can even make homemade AIP marshmallows to go on top as well - super yum! (Just Google Urban Poser marshmallows for the best recipe)

Serves 6-8

INGREDIENTS

For the potatoes:

- 4 Sweet Potatoes
- 1 tsp ground Cinnamon
- 1/4 tsp Mace
- 1 tsp Sea Salt
- 2 tbs Honey or Maple

For the ^{Syrup} topping

- 3/4 cup sliced Tignuts
- 1/2 cup Banana Chips
- 1/4 cup Coconut Sugar or Maple Sugar (you can use less if desired)
- 1/4 cup Avocado, Coconut, or Olive Oil

INSTRUCTIONS

Preheat the oven to 425 F. Poke several holes in the sweet potatoes with a fork or knife and then place in the oven for 1 hour. Once done, let cool until you're able to handle them, remove the skins and put the flesh of the sweet potatoes into a bowl.

Add the other ingredients for the potatoes and then use a hand mixer or potato masher to mix them until smooth. Scoop into a baking dish.

Mix the toppings ingredients in a small bowl, then sprinkle over the top of the sweet potato mash. *(If making ahead of time, stop at this point and put in the fridge until close to serving)*

Bake for an additional 20 minutes.

SPICED APPLE & CRANBERRY CABBAGE



This hands-off side dish adds a nicely spiced intrigue to your meal. It goes well with any protein and anyone - on any diet - will love it. Prep ahead of time and just throw in the oven an hour before serving!

Serves 6-8

INGREDIENTS

- 1/2 Red Cabbage, shredded
- 1 Apple, diced
- 1 cup fresh Cranberries
- 1/4 cup Raisins
- 1 tbsp Maple Syrup
- 1.5 tbsp Apple Cider Vinegar
- 1 tsp ground Cinnamon
- 1/2 tsp Mace
- 1/4 tsp Sea Salt
- 1/4 cup Water



INSTRUCTIONS

Mix everything together in a bowl, then put into an oven safe baking dish.

Bake in the oven at 425 F for 1 hour, stirring a few times.

BACON MAC & CHEESE



Serves 4 as a side

INGREDIENTS

For the cheese sauce:

- 1/2 cup Water
- 1/4 cup Arrowroot Powder (or Tapioca Starch)
- 1.5 cups Coconut Milk (or Tigernut Milk or Sweet Potato Milk for coconut-free AIP)
- 1/3 cup Nutritional Yeast
- 2 tbsp Coconut Oil (or Avocado Oil or Olive Oil)
- 1 tsp Apple Cider Vinegar (or White Wine Vinegar)
- 1/2 tsp Garlic Powder
- 1/2 tsp Turmeric
- 1/8 tsp Mace
- 1 tsp Sea Salt

For the pasta:

- 1 package Jovial Foods Cassava Flour Elbows
- 4 slices Bacon

INSTRUCTIONS

Cook the bacon in a pan until done, set aside. Put a pot of water on to boil, then cook the pasta according to the package directions.

Meanwhile, in a medium saucepan, whisk together the water and arrowroot. Then whisk in the remaining sauce ingredients. While whisking constantly, bring the sauce mixture to a boil over medium heat. It will thicken noticeably once hot – continue whisking for another 1-2 minutes, then remove from the heat.

Drain the pasta, finely chop up the bacon, and add the pasta and bacon to the pan with the sauce. Mix together and serve warm. (Option: reserve a bit of the bacon to sprinkle on top)



NOTE:

Can't find AIP pasta? Use sweet potato noodles, zucchini noodles, diced and roasted sweet potatoes or butternut squash, or even roasted broccoli instead!

PUMPKIN PIE



Yes! AIP Pumpkin Pie! This is a delicious substitute for the pie you're craving. Do note it takes longer than a typical pie because it needs to chill for several hours to set the filling.

INGREDIENTS

For the crust:

- 1 tbs Gelatin
- 1/2 cup Water
- 1.5 cups Tapioca Flour
- 1/2 cup Coconut Flour
- 1/4 tsp Sea Salt
- 1/4 tsp Baking Soda
- 1 tbsp Coconut Sugar
- 3/4 cup Palm Shortening

For the filling:

- 1.5 tbsp Gelatin
- 6 tbsp Water
- 15 oz Can Pumpkin Puree (or 2 cups)
- 1 cup Coconut or Tigernut Milk
- 1/2 cup Maple Syrup
- 1/2 tsp Sea Salt
- 1/2 tsp Cinnamon
- 1/2 tsp ground Ginger
- 1/2 tsp Mace
- 1 tsp Vanilla Extract

Serves 8

INSTRUCTIONS ON NEXT PAGE

PUMPKIN PIE, CONT.

INSTRUCTIONS

Preheat the oven to 350 F. Sprinkle the gelatin over the water in a small bowl or measuring cup and let sit.

In a food processor, pulse the flours, salt, baking soda, and coconut sugar together for a few seconds. Then add the palm shortening, pulse for a few seconds more. Finally, add the gelatin water mixture and pulse for another 20 seconds. The mixture should come together if pinched together with your hands.

Dump the mixture out onto a piece of parchment paper and form into a ball. Then either flatten into a pie pan with your hands or roll out between two pieces of parchment paper. Bake for 15 minutes.

Meanwhile, sprinkle the gelatin for the filling over water in a small saucepan. Let sit for a few min while you add all the rest of the filling ingredients into a bowl. Heat the gelatin over medium-low heat until the gelatin has dissolved. Whisk until slightly frothy, then put into the bowl with the pumpkin and mix everything together really well.

Pour the mixture into the prepared pie shell.

Turn the heat down to 325 F and place the pie in the oven. Bake for 1 hour.

At the hour mark, take the pie out and let it cool for about 30 min on the counter. It will still be wobbly and won't be set like a normal pumpkin pie at this moment.

Once it's cooled a bit, put it in the fridge for at least 4 hours to set completely.

Let come to room temp for best taste, but it's still great cold.



PUMPKIN PARFAITS



Don't want to fuss with making a pie? Get the flavors with this deconstructed version that's MUCH easier to make!

Serves 2

INGREDIENTS

For the crumble topping:

- 1/2 cup Cassava or Coconut Flour
- 1/4 cup Coconut Oil or Avocado Oil, melted
- 1 tbsp Maple Syrup
- pinch Cinnamon
- pinch Sea Salt



For the pudding:

- 1 medium/large Avocado
- 2 tbsp Maple Syrup
- 1 cup Canned Pumpkin (not pumpkin pie filling)
- 1/4 tsp dried Ginger
- 1/4 tsp Mace
- 1.25 tsp Cinnamon
- 1/4 cup Coconut milk or Tigernut milk

For the cream:

- 1 cup Coconut Cream (see note about how to make these coconut-free)
- 1 tsp Maple Syrup

INSTRUCTIONS

Preheat the oven to 350 F. Mix the ingredients for the crumble together in a bowl, then spread out into a thin layer on a baking sheet. Bake for 12-15 minutes or until golden brown. Let cool. Then crumble into a bowl.

Meanwhile, mix everything together in a large bowl with an immersion blender or hand mixer until smooth. Note: If you don't have either of those, use the back of a fork to mash the avocado and then add the rest of the ingredients in and mix.

Whisk the coconut cream and maple syrup in a bowl until mixed well.

Layer some crumble, then whipped cream, then pumpkin into a jar or serving dish. Repeat until the jars are full.



NOTE:

You can make a tigernut cream by heating 1 tsp gelatin in 1 cup tigernut milk and 1 tsp maple syrup and letting it refrigerate for several hours.



BAKED PEARS

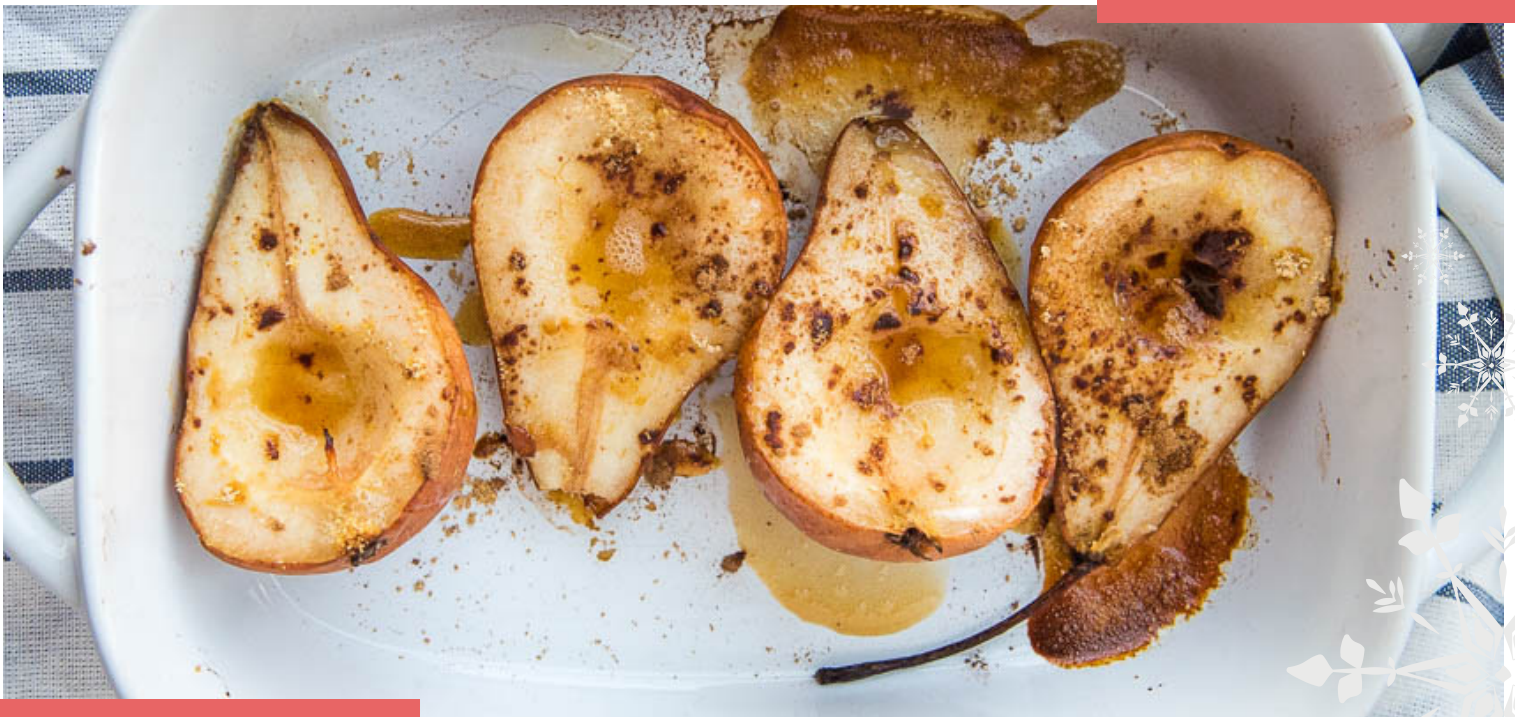


This is one of those "naturally" AIP desserts that you can serve to any guest, no matter what diet they're on. As an added bonus, have some regular cow's milk vanilla ice cream for them and make yourself some AIP vanilla ice cream or use coconut whipped cream as a topping!

Serves 4

INGREDIENTS

- 2 Pears, sliced in half and the seeds removed
- 1/4 cup Honey
- 1/8 tsp ground Ginger
- 1/8 tsp ground Cinnamon
- 2 tsp Coconut Oil, melted (or other fat you tolerate)



INSTRUCTIONS

Preheat the oven to 425 F. Cover a large baking sheet with parchment paper. Place the pears on the baking sheet with the cut sides up. Brush the tops with the melted butter. Bake for 15 minutes and then drizzle the honey and sprinkle the spices over each pear. Bake for another 10 minutes. Let the pears cool slightly before serving.



GINGERBREAD ICE CREAM



This is a quick and easy, no churn "nice cream" that can be whipped up at the last second.

Serves 2

INGREDIENTS

- 2 frozen Bananas, broken into chunks
- 2 tbsp Coconut or Tigernut Milk (or water)
- 1/2 tsp Cinnamon
- 1/2 tsp ground Ginger
- 1/2 tsp Vanilla Powder
- 1 tsp Molasses



INSTRUCTIONS

Place all ingredients in a food processor or blender and process until smooth and creamy (be patient it takes a few minutes) Stop the processor and scrape down the sides of the bowl as necessary.

M O L A S S E S C O O K I E S



Makes 8 cookies



These cookies are like gingerbread cookies, but can be made in 2 different ways - one a regular cookie like in the picture, or rolled out and cut into traditional gingerbread cookie shapes. The cookies are soft the first day but DO get crunchier each day, so if you're making them into the regular cookie, do be aware you need to either eat or freeze them within the first 24 hours. The thinner gingerbread though can be kept longer, as they are typically crunchy anyway.

INGREDIENTS

- 1 cup Tapioca Flour
- 1/2 cup Coconut Flour
- 1 tbsp Gelatin
- 1/2 tsp Sea Salt
- 1/2 tsp Baking Soda
- 1/4 tsp Cream of Tartar
- 1 tsp ground Cinnamon
- 1 tsp ground Ginger
- 1/4 cup Palm Shortening, melted
- 1/4 cup Maple Syrup
- 1/4 cup Molasses

INSTRUCTIONS

Preheat the oven to 325 F. Place parchment paper on a baking sheet.

In a medium sized bowl, mix the flours, gelatin, sea salt, baking soda, cream of tartar, cinnamon, and ginger.

In a small bowl or measuring cup, mix together the palm shortening, maple syrup, and molasses. Pour the wet ingredients into the dry and mix together. Towards the end of mixing you'll see the ingredients won't mix any further, so you'll have to knead a few times with your hands.

Then either roll out to 1/4" and use cookie cutters to cut into various shapes, or take off a small, walnut-sized chunk and place on the baking sheet, flattening slightly with your hand.

Bake for 10-12 minutes. Important: read the note above about crunchiness!



S A L T E D C A R O B T A R T



This is a stunning no-bake dessert - and can be frozen for up to 6 months so if you only need it for yourself, make the whole thing and treat yourself for months to come!

Serves 8

INGREDIENTS

For the base:

- ¼ cup Coconut Oil, melted (or avocado oil)
- ½ cup Coconut flour (or Tigernut flour)
- 2 tbsp Carob Powder
- 3 cups dates, pitted (make sure they're soft, if not, soak in hot water for 15 minutes first. This is about 12 oz of dates)
- ½ tsp Sea Salt
- 1 tbsp Maple Syrup
- 1 tbsp Water

For the filling:

- 2 ripe Avocados
- 2 tbsp Coconut Oil, melted (or Avocado Oil)
- ¼ cup Maple Syrup
- ¼ cup Coconut Milk or Tigernut Milk
- 4 tbsp Carob Powder
- Pinch Sea Salt



INSTRUCTIONS

Prepare the base by adding all of the ingredients for the base into a food processor and processing until the mixture is soft and sticks together when pinched. Press evenly into a 9-inch tart pan with removable bottom or pie pan and then put into the freezer to set. (This slices and removes from the pan best if you can put a piece of parchment down on the bottom first)

Meanwhile, make the filling by adding the filling ingredients to the food processor and processing until smooth and creamy. Take the tart base out of the freezer and pour the filling in, then spread evenly. Put the tart back into the freezer for at least an hour to set. Remove from the freezer about 15 minutes prior to serving (but best removed from pan and slice while frozen). Serve with a sprinkling of large-flake sea salt.



BAKED APPLES



A delicious treat that can be made ahead of time and just baked prior to serving!

Serves 4

INGREDIENTS

- 4 Apples
- 3 tbs Raisins
- 1 cup sliced Tigernuts
- 2 tbs Coconut Oil or Avocado Oil
- 1/4 cup Honey or Maple Syrup
- 1/2 tsp Vanilla Extract
- 2 tsp Cinnamon
- 1/8 tsp Mace



INSTRUCTIONS

Preheat the oven to 350 F.

Cut the apples into 3 pieces – one on each side of the core. Alternatively, you can cut the apple into 2 and just use a spoon to scoop out the seeds. Place skin side down in a baking dish.

Mix the melted coconut oil (or avocado oil), honey/maple syrup, cinnamon, nutmeg/mace, and vanilla extract together in a small bowl.

Add in the sliced tigernuts/walnuts and raisins and mix.

Sprinkle the filling evenly over the apples.

Cover the dish with aluminum foil and bake until the apples are soft, approximately 40 minutes. Serve with your favorite AIP ice cream or coconut whipped cream!



POMEGRANATE CAROB BITES



Keep some of these in the freezer for when you want a decadent treat that is full of healing fats and juicy pops of pomegranate!

Makes 9 bites

INGREDIENTS

- 1/2 cup Coconut Oil, melted
- 1/2 cup Carob Powder
- 3 tbsp Maple Syrup, room temperature best
- pinch Sea Salt
- 1 tsp Vanilla Bean Powder (optional)
- 1/2 cup fresh Pomegranate Arils



INSTRUCTIONS

Place 9 paper liners in a muffin baking tray. You can alternatively use a silicone mold if you'd rather (no need for paper liners then)

Mix all of the ingredients together except the pomegranate arils in a small bowl or measuring cup until smooth. Stir in the pomegranate arils. Spoon the mixture evenly between the paper liners.

Refrigerate for at least an hour until hardened. Keep refrigerated. You can also freeze them at this point (let sit at room temperature for a few minutes before eating if frozen). Enjoy!



"Chocolate" Orange Truffles

These truffles are great to make to have on hand throughout the holidays - make and keep in the fridge or freezer and take one (or two) as needed for cravings, parties, gatherings, whatever!

Makes 8 truffles

INGREDIENTS:

- 10 pitted Medjool Dates
- 1 Orange (the zest of the whole orange and 2 tbsp of the Orange Juice)
- 1 tbsp Coconut Oil (or whatever oil/fat you tolerate)
- 3 tbsp Carob Powder + 2 tbsp for dusting

INSTRUCTIONS

Place all of the ingredients into a food processor or blender and blend until it becomes a smooth paste. You may have to scrape down the sides a few times. Place the 2 tbsp of Carob Powder in a bowl or plate and then scoop out a small amount of the date mixture and roll into a ball with your hands. Then roll it in the carob powder, shaking off any excess. Store in the fridge for up to a week or the freezer if storing longer (simply thaw on the counter for a few minutes).



Coconut Whipped Cream

INGREDIENTS

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



INSTRUCTIONS

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.

NOTES:

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...

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

You can make a coconut-free version by heating 1 tsp of gelatin, 1 tsp maple syrup, and 1 cup of tigernut milk until hot to the touch, then refrigerating for a few hours. It won't whip like the coconut cream, but it'll be creamy and sweet.



Decadent Hot "Cocoa"



Serves 1

INGREDIENTS

- 1 cup (240 ml) Coconut milk or Tigernut Milk
- 1 tbsp Carob Powder
- 1 tbsp Maple Syrup
- 1/4 tsp Vanilla Extract or Vanilla Bean Powder
- Pinch of Sea Salt



INSTRUCTIONS

Place all the ingredients in a saucepan over medium heat.

Heat until hot and ready to drink, while stirring constantly to break up any clumps.

Pour into a mug and enjoy. For an extra special treat, top with coconut whipped cream!

Eggnog



Serves 8

INGREDIENTS

- 1 cup (240 ml) Coconut milk or Tigernut Milk
- 1 tsp Maple Syrup
- 1/2 tsp Cinnamon
- 1/2 tsp Mace
- 1/2 tsp Vanilla Extract

INSTRUCTIONS

Place all the ingredients in a saucepan over medium heat.

Heat until hot and ready to drink, while stirring constantly to break up any clumps.

Pour into a mug and enjoy.



Gingerbread Smoothie

Makes 1 Large or 2 Small Servings

INGREDIENTS



- 1 cup (240 ml) Coconut or Tigernut Milk
- 1 frozen sliced Banana
- 2 tsp Maple Syrup or Molasses
- 1/2 tsp ground Cinnamon
- 1/4 tsp ground Ginger
- 1/4 tsp ground Mace
- 1/8 tsp ground Cloves
- optional - a dusting of Carob Powder or additional Cinnamon for the top

INSTRUCTIONS

Place all ingredients in a high-speed blender.

Blend for 45 to 60 seconds, until creamy. You might need to scrape sides or pulse the blender to keep it mixing.

Pour into glasses, sprinkle with cinnamon and/or carob powder and enjoy!





Cran-Bucha Mocktail



Serves 2

INGREDIENTS

- 1-inch slice of fresh ginger, thinly sliced
- 1 sprig fresh rosemary
- 1/4 cup (60 ml) 100% cranberry juice (no sugar added)
- 1 12-oz bottle (350 ml) ginger kombucha
- Fresh cranberries and ginger slices

INSTRUCTIONS

In a large mason jar, muddle together the ginger and rosemary.

Slowly stir in the cranberry juice and kombucha.

Pour into ice-filled glasses, straining if necessary. Enjoy!







Fresh Cider "Sangria"




Serves 4

INGREDIENTS

- 2 Apples, chopped
 - 1 Orange, sliced and chopped
 - 1/4 cup Pomegranate seeds
 - 2 Cinnamon Sticks
 - 3 cups (700 ml) fresh Apple Cider (not spiced - just apple juice)
 - 1 cup Carbonated/Sparkling Water
 - 1/2 tsp ground Cinnamon
 - 1 tbsp Honey
 - Optional: 1 tbsp fresh grated Ginger
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INSTRUCTIONS

Place the apples, oranges, and pomegranate seeds in the bottom of a large pitcher. Add the cinnamon sticks, apple cider, carbonated water, cinnamon, honey and grated ginger if using. Adjust level of sweetener as desired. Let steep for at least 1-2 hours (longer if possible) before serving. Serve over ice.



Ginger "Happiness" Tea



Serves 1

INGREDIENTS

- 1 Ginger tea bag
- 1 cup (240 ml) hot Water
- 1 tsp fresh minced Ginger
- 1/4 tsp Turmeric
- 1/4 tsp ground Cinnamon
- splash pure Vanilla Extract or pinch Vanilla Bean Powder
- 1/2 tbsp Coconut Oil
- 1/2 tsp Honey
- 1 tbsp Collagen Peptides

INSTRUCTIONS

Steep the tea bag in the hot water for about 10 minutes.

Place the rest of the ingredients in a blender.

Once the tea is ready, remove the tea bag and add the liquid to the blender.

VERY CAREFULLY blend the tea in the blender until creamy, about 30-45 seconds.

Pour into a mug and enjoy!

WHY DRINK THIS TEA?

This soothing tea is packed with ingredients to help you feel great, mind-body-spirit.

It's a perfect choice if you have overindulged or just need a little boost of energy or immunity throughout the holidays!



Enjoy!



The holidays can be tough while on a restricted diet but I hope these recipes make it a bit more fun - and delicious - for you!

Thanks so much for being part of my community and I hope you and yours have the most wonderful holiday season yet!

xo, Michele

Thank you and Happy Holidays!

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