

[MEAL PREP FOR THE WEEK]

2 BREAKFAST PARFAITS

MANGO KIWI BREAKFAST PARFAIT
PUMPKIN PIE COCONUT PARFAIT



WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making two different Paleo and AIP-friendly breakfast parfaits.

HOW MANY SERVINGS DO THESE MAKE?

Each session makes approximately 4 servings. Feel free to double or triple the recipe if you're preparing for multiple servings.

HOW LONG CAN THESE BE STORED?

These parfaits can be stored in the fridge for up to 5 days.

HOW LONG DOES THIS SESSION TAKE?

This session will take less than 15 minutes of hands-on time for each parfait. They do require 4 hours in the fridge for the gelatin to set.



SHOPPING LIST

FOR ALL 3 RECIPES

- 2 x 13.5 oz can Coconut Milk (or 3 cups Tigernut Milk or milk of choice, if you're not doing AIP)
- 2 teaspoons Maple Syrup or Honey
- 4 teaspoons Gelatin (see notes for changing thickness of the mixture, can also use Agar Powder for Vegan or Vegetarian)

ADDITIONAL INGREDIENTS FOR MANGO KIWI PARFAIT

- 1 cup Mango (peeled and cubed - fresh or frozen is fine)
- 1 kiwi, peeled and diced
- 1 Mango, peeled, pit removed, and diced
- 1 tablespoon Toasted Coconut Flakes (or shredded coconut)

ADDITIONAL INGREDIENTS FOR PUMPKIN PIE COCONUT PARFAIT

- 1 cup Pumpkin Puree
- 1 teaspoon Cinnamon
- 1/2 teaspoon ground Ginger
- 1/2 teaspoon Mace

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

Gather all your pantry ingredients for easy access. Gather the following equipment:

- Blender or food processor
- small sauce pan
- Small serving-sized containers (I used 4oz mason jars)
- Measuring spoons and measuring cups

2: PREP THE MANGO KIWI PARFAIT

Into a blender add:

- One 13.5 oz can Coconut Milk (or 1.5 cups Coconut or Tigernut Milk)
- 2 teaspoons Gelatin
- 1 teaspoon Maple Syrup
- 1 cup diced fresh or frozen and thawed mango.

Blend until smooth (about 1 minute).

Transfer the mixture to a small saucepan and cook over medium heat, stirring occasionally, 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).

3: PREP THE PUMPKIN COCONUT PIE PARFAIT

No need to wash the saucepan. To the pan add:

- One 13.5 oz can Coconut Milk (or 1.5 cups Coconut or Tigernut Milk)
- 1 cup Pumpkin Puree
- 1 teaspoon Maple Syrup
- 1 teaspoon Gelatin
- 1 teaspoon Cinnamon
- 1/2 teaspoon Ground Ginger
- 1/2 teaspoon Mace (or nutmeg if you've successfully reintroduced it or are on Paleo).

Whisk all of the ingredients together and then heat over medium heat, stirring occasionally, until hot to the touch. Pour into glass containers.

You may have a little more than 2 servings of this one - just pour the remainder into another container and eat as a snack.

Put all of the jars into the refrigerator for at least 4 hours to set up.

ORDER OF OPERATIONS CONT.

4: PREP SAUTED APPLES AND RAISINS TOPPING (OPTIONAL)

Heat a bit of oil in a small pan over medium-high heat (you can use the same pan you've been using).

Dice an apple and then place it in the pan with a pinch of cinnamon, and a pinch of sea salt.

Cook, stirring occasionally for about 5 minutes, then add a drizzle of honey, and some raisins and cook for another minute or two.

Put into another container and store in the fridge.

5: ENJOY YOUR PARFAITS

After the parfaits have set up you can add the toppings.

To the mango parfait, add some diced kiwi, fresh mango and shredded coconut.

And then to the pumpkin parfaits, add the sautéed apples.

I hope you enjoy these as much as I do!

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