

[PALEO & AIP FREEZER STASH SESSION]

3 SWEET SAUCES

MIXED BERRY SAUCE
BLUEBERRY MAPLE SYRUP
"CHOCOLATE" SAUCE



WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making three Paleo and AIP-friendly, dairy-free sweet sauces.

HOW MANY SERVINGS DO THESE MAKE?

Each sauce makes approximately 8 servings.

HOW LONG CAN THESE BE STORED?

These store well in an airtight container in the fridge for up to a week or up to 6 months in the freezer.

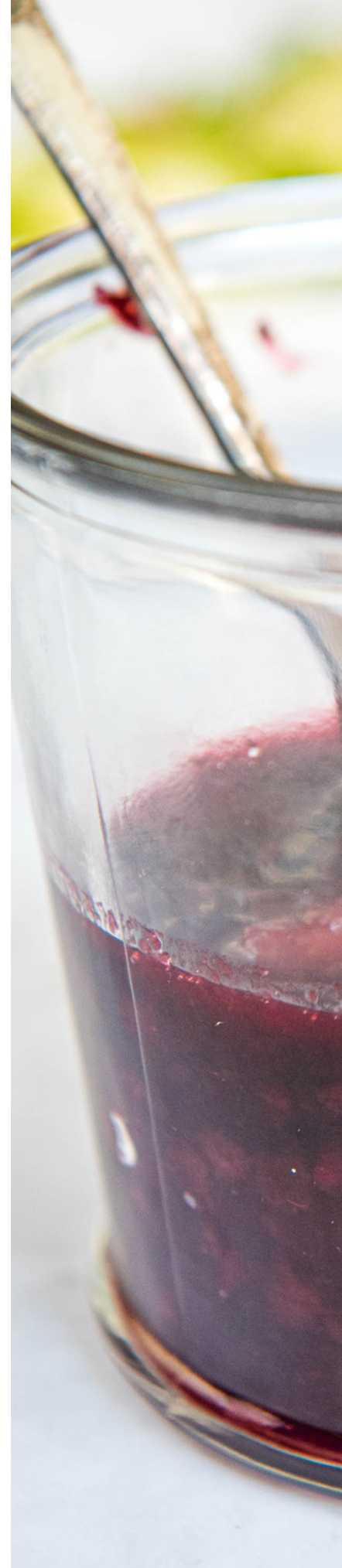
HOW LONG DOES THIS SESSION TAKE?

This session will take approximately 30 minutes from start to finish including the time it takes to prep the sauces for freezing.

NOTE:

You will probably need two ice cube trays to freeze everything if you plan on freezing all 3 sauces at one time.

If you do not have 2 ice cube trays I recommend freezing the chocolate sauce and one of the other sauces and keeping the third sauce in the fridge until an ice cube tray is freed up. They'll be fine in the fridge for a few days this way.



SHOPPING LIST

FOR ALL 3 RECIPES

- 1/2 cup Maple Syrup

ADDITIONAL INGREDIENTS FOR THE MIXED BERRY SAUCE

- 2 cups Mixed Berries (fresh or frozen)
- 1/4 cup Water

ADDITIONAL INGREDIENTS FOR THE BLUEBERRY SYRUP

- 1 cup Blueberries

ADDITIONAL INGREDIENTS FOR THE "CHOCOLATE" SAUCE

- 1/2 cup Coconut or Tigernut Milk
- 2 tablespoons Carob Powder (or Cocoa Powder as a Stage 1 AIP Reintroduction or Paleo)
- 1 teaspoon Arrowroot Powder
- Pinch Sea Salt

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

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

- 3 small sauce pans (you can also use a small sauce pan, large sauce pan and/or small saute pan)
- measuring spoons
- Ice cube trays

2: PREP THE MIXED BERRY SAUCE

Into a small or large sauce pan, measure out:

- 2 cups Mixed Berries
- 1/4 cup water

Bring to a boil over medium-high heat, then turn the burner down to low and let the berries simmer.

While the sauce is simmering, Make the Blueberry Syrup.

3: PREP THE BLUEBERRY SYRUP

Into a small sauce pan or saute pan, measure out:

- 1 cup Blueberries
- 1/4 cup Maple Syrup

Bring to a simmer and cook, stirring occasionally, for 10 minutes.

While the sauce is simmering, Make the "Chocolate" Sauce.

4: PREP THE "CHOCOLATE" SAUCE

Into a small sauce pan, measure out:

- 1/2 cup Coconut or Tigernut Milk
- 2 tablespoons Carob Powder (or Cocoa Powder as a Stage 1 AIP Reintroduction or Paleo)
- 2 tablespoons Maple Syrup
- 1 teaspoon Arrowroot Powder
- Pinch Sea Salt

Cook over medium heat, whisking occasionally, until it becomes creamy, approximately 4 minutes. Turn the heat off and set it aside.

ORDER OF OPERATIONS CONT.

5: CHECK SAUCES FOR DONENESS

At this time the Blueberry Syrup should be almost done, if not done already. I like the berries to still have some form, but if you'd rather a more jam type of syrup you can let them cook longer until the berries are broken down.

When that's done, turn the heat off and set aside.

And then the Mixed Berry sauce should be done as well. This will typically be done when the berries are soft. Using the back of a fork, mash the berries and mix with the juices until it's a consistency you like.

When that's done, turn the heat off and set aside.

6: FREEZE THE SAUCES

Reserve any sauce you want to eat this week into a small jar and then spoon the remaining sauces into ice cube trays to freeze.

For the blueberry and mixed berry sauces, spoon any whole berries in first, and then spoon the sauce in after to fill in the cracks.

NOTE: if you don't have enough room to put all of the sauces in the trays, just put one of the berry sauces into a jar and then into the fridge. Once the first batch of sauces has frozen you can then freeze that sauce.

Once you've filled your trays, set the aside for a few minutes to let cool before putting in the freezer.

Once the sauces have frozen (4 hours to overnight), pop the sauce cubes out like ice cubes and place into a freezer safe bag or container for long term storage. Make sure to label the bag or container as these can all look the same!

7: THAW AND REHEAT SAUCES

To use, simply throw a cube on top of a bowl of hot porridge or sweet potato bowl that you're reheating, or put a frozen cube into the microwave for 30-60 seconds or into a small pan on the stove to reheat.

You can also thaw the sauce overnight in the fridge and then reheat as well.

MEAL IDEAS

USE THESE SAUCES TO ADD A PUNCH OF FLAVOR TO SO MANY BREAKFASTS, DESSERTS, AND SNACKS!

The chocolate sauce is delicious over: pancakes or waffles, but also over vanilla ice cream, or a bowl of fresh berries.



The mixed berry sauce is great over: pancakes or waffles, mixed into yogurt or a coconut parfait, over a sweet potato bowl, used instead of a jam on sweet potato toast, or even over the Veggie Sheet Pan Breakfast! (recipe on the AIC)



The Blueberry Maple Syrup is delicious over: Pancakes and waffles, mixed into yogurt or a coconut parfait, or over a breakfast bowl.



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