

#1 BREAKFAST - WAFFLES/PANCAKES + SAUCE+ SAUSAGE



Crispy Waffle

OR



Tigernut Waffle

OR



Cassava Flour Pancake

+



Mixed Berry Sauce

OR



Blueberry Sauce

OR



"Chocolate" Sauce

+



Apple Thyme Sausage

OR



Maple Blueberry Sausage

OR



Savory Turkey

This breakfast-specific guide features recipes for 2 waffles or pancakes, a sauce, and breakfast sausages that all can be paired together for a tasty meal. Everything in this guide can be frozen for later, so it's a great one to make and have in the freezer for when you are super busy but need an AIP-compliant meal!

All components are freezable, All components are Make Ahead



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The items in this PDF are all freezable:



I love having a bin of items frozen in my freezer to take out for meals whenever I need them.

If I'm incredibly busy, tired, or just really don't want to think about cooking it's wonderful to be able to take a few items out and make a meal.

This PDF features several items that can be made, frozen, and then mixed and matched to make a delicious super quick breakfast meal. (Or breakfast-for-dinner - I won't judge because I love brinner!)

You can make all of these in one session if you're ambitious and have the time and energy, or just make them when you have time and freeze off as needed.

For example, we typically will make pancakes or waffles on the weekends but instead of making just one batch we'll make 2 or 3 batches and then freeze off the extra.

And if you make one kind of breakfast sausage in the oven it usually isn't much harder to make 2 kinds - just use two bowls, place the ground meat you're using in each of the bowls, add the rest of the ingredients to each, mix, form into patties, and put onto one or two baking sheets. If you double or triple the recipe you get even more at one time!

To freeze the waffles, pancakes, and sausages:



Lay the cooked items flat on a baking sheet, baking dish, or plate and then put into the freezer for several hours, until frozen.



Once frozen, remove from the sheet, dish, or plate and put into a freezer-safe bag or container for long-term storage. Make sure to label your container!

Thaw by either removing what you need and leaving it in the fridge overnight or on the counter for a few hours. You can also thaw directly from frozen by popping them in the microwave for a few seconds, the oven or toaster oven for a few minutes, or on a pan on the stove for a few minutes.

To freeze the sauces:



Spoon or pour the sauces into ice cube trays or small silicone molds (Souper cubes and muffin trays work well for larger amounts) and put into the freezer for several hours.



Once frozen, remove from the container and put into a freezer-safe bag or container for long-term storage. This allows you to easily remove only the amount you need.

Thaw in the fridge overnight or quickly from frozen in the microwave or in a saucepan on the stove.

CRISPY WAFFLES



YIELDS

TIME

2 Waffles 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



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.

M *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.

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.

TIGERNUT WAFFLES



YIELDS
2 waffles



TIME
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 too!*



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.

T *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)

M *Make ahead:*

Make these and keep in the fridge up to 4 days or freeze for later.

CASSAVA FLOUR PANCAKES



YIELDS
8 -10
Pancakes



TIME
20 minutes



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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, Tignut or Banana Milk
- 1/3 cup Banana, mashed (about 1 small)
- 1.5 tbs Apple Cider Vinegar
- 2 tbs Coconut Sugar
- 1 tsp Vanilla Extract



Make them **spinach pancakes!**
Just add 1-2 large handfuls of baby spinach to the blender before mixing.

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 tbs) 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.

T *Additional Tips:*

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

T *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" Tignut Granola or whipped coconut cream! Yum!

M *Make ahead:*

Refrigerate for up to a week or freeze for up to 3 months.
*To easily remove individual pancakes from the freezer when you need them, first freeze them laid out in a single layer on a baking sheet and then transfer to a plastic bag or freezer safe container once they're frozen.

S *Substitutions:*

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



MIXED BERRY SAUCE



YIELDS
2 cups



TIME
30 minutes

INGREDIENTS

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

M *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. 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.

T *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.

T *Additional Tips:*

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



BLUEBERRY SYRUP



YIELDS

TIME

1 half pint

10 minutes

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!

T *Additional Tips:*

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

M *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. 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.

T *Additional Tips:*

This is great over fresh berries as a dessert!

M *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.

APPLE THYME CHICKEN SAUSAGE



YIELDS

8-10 small
patties

TIME

40 min

INGREDIENTS

- 1 lb ground Chicken
- 1 Apple, grated
- 1 tbsp Maple Syrup
- 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.

M *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 or dish 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. Simply reheat in the microwave or on the stove.

S *Substitutions:*

Replace the ground chicken with ground pork or turkey.

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





MAPLE BLUEBERRY SAUSAGE



YIELDS
8 small
patties



TIME
20 min



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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 (for pan frying)

S *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!

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 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.

M *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 or dish 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. Simply reheat in the microwave or on the stove.



SAVORY TURKEY SAUSAGES



YIELDS

10 servings



TIME

30 minutes

INGREDIENTS

- 1 pound ground Turkey
- 3/4 tsp Ground Sage
- 1/2 tsp Sea Salt
- 1/2 tsp Dried Thyme
- 1/4 tsp Garlic Powder
- 1/4 tsp Dried Oregano
- 1/4 tsp Ground Ginger
- 1 tbsp Coconut Oil, Avocado Oil, Olive Oil, or Lard (for pan frying)

T *Additional Tips*

If you don't have room in your freezer for a baking sheet, transfer the patties to a baking dish or freezer-safe plate that does fit.

M *Make ahead:*

Make ahead and refrigerate for up to 5 days.

DIRECTIONS

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

Mix the ingredients well, 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 at 400 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.

TO FREEZE:

Let cool on the baking sheet for about 30 minutes, then transfer the baking sheet to the freezer. After about 4 hours, remove the patties from the baking sheet and place in a plastic bag or other freezer safe container and store in the freezer.

TO SERVE:

To reheat the patties from frozen, just reheat in the microwave for 30-seconds-1 min, in a pan on the stove for a few minutes, or in the oven for about 10-15 minutes.

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