

#5 CHIPS & DIPS



AIP Flatbread

OR



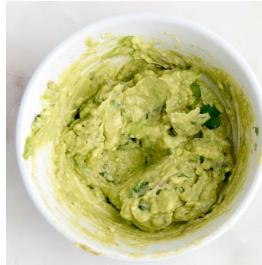
Tostones (Patacones)

OR



Beet Chips

+



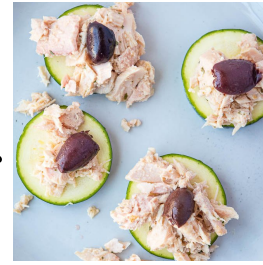
Easy AIP
Guacamole

OR



Maple Pumpkin
Hummus

OR



Tuna Salad

A great set of recipes when you are missing your chips and dip. 3 easy dips mix and match nicely with 3 easy chips. Most recipes are portable and can be easily shared. You can take them with you on the go!

Some components are Freezable, Some components are Make Ahead



#5 - Chips & Dips



AIP Flatbread

or



Tostones (Patacones)

or



Beet Chips

+



Easy AIP
Guacamole

or



Maple Pumpkin
Hummus

or



Tuna Salad

AIP FLATBREAD



YIELDS

4 breads



TIME

25 minutes

INGREDIENTS

- 1 13.5 oz can Coconut Milk OR 1.5 cups homemade Tigernut Milk
- 3/4 cup Cassava Flour OR Tigernut Flour
- 3/4 cup Tapioca Flour OR Arrowroot Powder
- Pinch of Sea Salt

DIRECTIONS

Preheat a small nonstick pan over medium heat. Mix all of the ingredients into a bowl. If using tigernut flour, really make sure all of the lumps are broken apart (it really likes to clump). Make sure the batter is somewhat runny, you don't want it really thick. Add water or more milk if necessary. Pour enough batter into the pan to cover the bottom of the pan + about 1/8-1/4 inch thick. These are a tad bit thicker than crepes. Cook for 3-4 minutes per side, adjusting the time up above 4 min if the batter doesn't look completely dry when you flip it, and adjust the time down if you get too many brown or black spots. Black or brown spots are totally fine, just don't want to burn these!

T *Additional Tips:*

You'll notice that the cooking time will get less as you continue to cook the breads, since the pan gets hotter. If the bread is gummy inside it needs to be cooked longer. (This all sounds kind of fussy and complicated but trust me, you'll figure it out after a few – it's just different pans, cassava flours, coconut milks, amount of heat, etc all makes it a little bit different for everyone).

Use a small bit of oil if you notice your batter sticking to the pan. I have never needed it, but if your nonstick surface isn't working as well as it used to it may be necessary. Also, stainless steel pans don't work great for this, but if that's all you have, definitely use some oil or a cooking spray.

M *Make ahead:*

These freeze BEAUTIFULLY, so make up a few batches and throw them in your freezer.



TOSTONES (PATACONES)



YIELDS

2-3 servings



TIME

25 minutes

INGREDIENTS

- 2 Green Plantains
- 4 to 6 tbsp Fat of choice coconut oil, lard or avocado oil
- Coarse Sea Salt
- 1 to 2 tbsp chopped fresh Cilantro for garnish, optional

DIRECTIONS

- Slice the tips off the plantains with a knife, then cut 1 or 2 slits in the skin down the length of the plantain. If the peel does not lift off easily you can loosen it by soaking the plantains in a bowl of water with about 1 tablespoon of salt for 10 to 15 minutes.
- Slice the peeled plantain crosswise into disks to 1 inch wide.
- In a large skillet, heat your fat of choice over medium heat until shimmering, 3 to 5 minutes. Carefully add the disks to the heated fat, cooking on each side for 2 to 4 minutes, or until they have turned a darker, more golden color. Do not allow to brown.
- Remove the disks from the oil and flatten, using a tostone press or a sturdy glass/jar or flat meat mallet. If using a tostone press, place the disk in the recessed circle and then clamp down the lid on top.
- Return the flattened plantain disks to the hot oil and fry for an additional 2 to 3 minutes on each side, or until crispy and browned. You will likely need to work in batches to fry the flattened disks.
- Add extra cooking fat as needed, because these will absorb quite a bit of fat as they cook. Top with a sprinkling of coarse sea salt and a garnish of cilantro and serve immediately; tostones do not reheat well. Serve with your favorite main dish.



T *Additional Tips:*

These are best served immediately after making, however if you need to reheat them I find it's best to do so in a toaster oven or in an oven at like 425 F.

Also, note it's important to use GREEN plantains or really hard, not at all black yellow ones as they'll be the best for this recipe. If your plantains have started to turn black it's better to make baked plantains instead.

BEET CHIPS



YIELDS

4 servings



TIME

45 minutes

INGREDIENTS

- 3 medium Beets
- 1 tsp Sea Salt
- 2 tbsp Olive Oil

DIRECTIONS

- Preheat the oven to 350 F. Place parchment paper on two baking sheets. Peel the beets and slice as thinly as possible. Use a mandoline if available.
- Put the beets into a large bowl and toss with the olive oil and salt.
- Arrange the beets in a single layer on the baking sheets. Bake until the edges start to dry out, about 25-30 minutes, rotating the pans once around 15 minutes. Remove the chips as they become lightened in color and look dry.
- Serve once cooled or store in an airtight container at room temp.



M *Make ahead:*

These are a good snack to make during a meal prep session as you can get them started in the oven and do something else.

EASY AIP GUACAMOLE



YIELDS

TIME

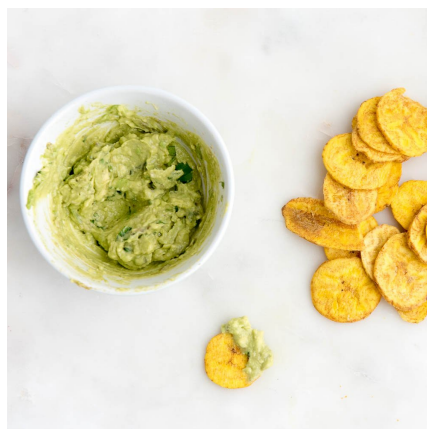
4 servings 10 minutes

INGREDIENTS

- 2 ripe Avocados
- 1 tbsp Lime Juice (approx 1/2 lime)
- 1/4 tsp Sea Salt
- 1/4 tsp Garlic Powder
- 1 tsp Apple Cider Vinegar
- 1/8 cup Cilantro, minced
- 1/4 diced Red Onion optional

DIRECTIONS

- Combine all ingredients in bowl or jar with a fork, mashing the avocado as you go.



MAPLE PUMPKIN HUMMUS



YIELDS

8 servings



TIME

30 minutes

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

DIRECTIONS

- 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.



TUNA SALAD



YIELDS

4-8 snack
bites

TIME

15 minutes

INGREDIENTS

- 1 can chunk Tuna (packed in water) drained
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Olive Oil
- ½ tsp dried Parsley
- ½ tsp Sea Salt
- Olives (Kalamata, Black, or Green)
- AIP Flatbread, Tostones, Beet Chips, Cucumber Slices, or Zucchini Slices

DIRECTIONS

- In a bowl, mix the tuna, apple cider vinegar, olive oil, parsley, and sea salt with a fork until combined, breaking the tuna up as you mix.
- Top the AIP Flatbread/Tostones/Beet Chips/cucumber with some of the tuna mixture and then an olive or two.
- Serve!



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