

#6 PORTABLE PARFAITS



Homemade Yogurt

OR



Berry Cinnamon
Creamy Parfait

OR



"Chocolate" Banana
Creamy Parfait



Pumpkin Tigernut
Granola

OR



"Chocolate" Granola

OR



Toasted Coconut Chips



Blueberry Syrup

OR



Mixed Berry Sauce

OR



"Chocolate" Sauce

These easy portable parfaits are great on-the-go breakfasts or post-workout snacks. Mix between a creamy base, crunchy granola and flavor boosting sauces. Everything in this guide can be meal prepped and enjoyed throughout the week.

Some components are Freezable, Meal Prep For Week

#6 - Portable Parfaits



or



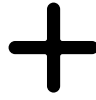
or



Homemade Yogurt

Berry Cinnamon
Creamy Parfait

"Chocolate" Banana
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or



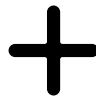
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Pumpkin Tignut
Granola

"Chocolate" Granola

Toasted Coconut Chips



or



or



Blueberry Syrup

Mixed Berry Sauce

"Chocolate" Sauce

Some items in this PDF are 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 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.

HOMEMADE YOGURT



YIELDS

1 pint Jar



TIME

Depends -
11-48 hours

INGREDIENTS

- 1.5-2 cups of Coconut or Tigernut Milk
- 1/2 - 1 tsp Gelatin or Agar Agar Powder
- 1 capsule good Probiotic
- 2 tsp Maple Syrup (optional)

DIRECTIONS

Place the milk into a sauce pan on the stove. Sprinkle the gelatin over the milk and let sit for a minute. Turn the burner on to medium heat and whisk the gelatin into the milk. Let the milk heat, stirring occasionally, until it's hot to the touch and the gelatin is completely dissolved. It's ok if it bubbles a bit, but don't let it come to a complete boil.

Let the milk cool off for a few minutes, until it just feels warm to the touch (if you have a thermometer, It should be around 110 F.

Add the maple syrup (if using) then break apart and empty the contents of the probiotic capsule into the milk and whisk thoroughly. Pour the mixture into a pint sized glass canning jar then do one of the following:

INSTANT POT: Put the jar of milk into the basin of the IP. Turn the Instant Pot on, choose the Yogurt Setting, and then manually adjust the time to 18 hours. You can of course do less, but it won't be as tangy and may not set up as well. I wouldn't go less than 10 hours.

OVEN: Cover the jar with cheesecloth and place the yogurt into the oven with just the pilot light on for 24-48 hours.

COOLER: Add hot water to a cooler and then place the jar covered in cheesecloth in the water (it should only come up a few inches on the outside of the jar). Close the cooler and let sit for 12-24 hours.



T *Additional Tips:*

Try mixing the yogurt with the Stewed Berries on pg. 101! Healthy berry flavored yogurt!

M *Make ahead:*

This will last up to a week in the fridge.

Once the time is up, remove the yogurt and give it a good stir. Put into the refrigerator to chill. It is common for it to be runny or separated when you remove it from the incubation method, but it should set up in the fridge after a few hours.

BERRY CINNAMON CREAMY PARFAIT



YIELDS

4 Servings



TIME

10 minutes

INGREDIENTS

- 1.5 cups Coconut or Tigernut Milk
- 1 tsp Maple Syrup or Honey
- 1 tsp Cinnamon
- 1 tsp – 1 tbs gelatin (depending on how thick you want it) see notes

DIRECTIONS

- Pour the milk, maple syrup/honey, and cinnamon into a small saucepan and whisk. Sprinkle the gelatin over the coconut milk and let it sit for at least 1 minute. Then whisk into the milk and heat the mixture over medium heat until hot to the touch.
- Pour the mixture into a glass container (a pint sized Ball canning jar works well for most of these), and place into the fridge for at least 4 hours.
- After the mixture has thickened and set, dole out into individual containers and add toppings!



T *Additional Tips:*

If you use only a teaspoon of gelatin you'll get a runnier mixture that is closer to what you expect of yogurt. However, if you use a tablespoon of gelatin you'll get a very solid mixture.

M *Make ahead:*

This is a great meal prep item as it stays well in the fridge all week. Just add the toppings before you eat it – they can get a bit mushy if they stay on the entire week.

CHOCOLATE BANANA CREAMY PARFAIT



YIELDS

4 Servings



TIME

10 minutes

INGREDIENTS

- 1.5 cups Coconut or Tigernut Milk
- 1 tsp Maple Syrup or Honey
- 1 tsp – 1 tbsp gelatin (depending on how thick you want it) See notes
- 1 tbsp Carob Powder
- 1/2 Banana

DIRECTIONS

- Put the milk, maple syrup, gelatin, carob powder, and banana into a blender. Blend until smooth.
- Pour into the small saucepan and heat until hot to the touch.
- Pour into a glass container and refrigerate for at least 4 hours.
- Topping ideas include: fresh bananas, dried banana chips, and/or shredded unsweetened coconut



T *Additional Tips:*

If you use only a teaspoon of gelatin you'll get a runnier mixture that is closer to what you expect of yogurt. However, if you use a tablespoon of gelatin you'll get a very solid mixture.

M *Make ahead:*

This is a great meal prep item as it stays well in the fridge all week. Just add the toppings before you eat it – they can get a bit mushy if they stay on the entire week.

PUMPKIN TIGERNUT GRANOLA



YIELDS
2 cups



TIME
1 hour

INGREDIENTS

- 1 cup sliced Tigernuts
- 1 cup Coconut Flakes the wide ones, though shredded can work as well
- 1/4 cup Avocado Oil or melted coconut oil
- 1/4 cup Maple Syrup
- 1 tsp Vanilla Bean Powder or Vanilla Extract optional
- 1/4 cup canned Pumpkin
- 2 tsp Cinnamon
- 1/2 tsp Mace
- 1/2 tsp dried Ginger
- 1/4 tsp ground Cloves

DIRECTIONS

- Preheat the oven to 275 F and move the baking rack into the middle of the oven. Line a baking sheet with parchment paper.
- Mix all of the ingredients in a large bowl, then evenly spread onto the baking sheet.
- Bake for 45-50 minutes, stirring every 15 minutes or so. Check the granola at 35 min to make sure it isn't burning. It may still seem a bit moist at 50 but take it out as it will dry as it cools.
- If any is stuck together after it cools, break apart with your hands.



M *Make ahead:*

Store in an airtight container at either room temp or in the fridge for up to a month.

S *Substitutions:*

You can make this coconut-free by just replacing the coconut with more sliced tigernuts

"CHOCOLATE" GRANOLA



YIELDS

2 cups



TIME

50 minutes

INGREDIENTS

- 1 cup sliced Tigernuts
- 1 cup Coconut Flakes (the wide ones, though shredded can work as well)
- 1/4 cup Avocado Oil
- 1/4 cup Maple Syrup

Optional:

- 1 tsp Vanilla Bean Powder or Vanilla Extract
- 1 tbsp Carob Powder

DIRECTIONS

- Preheat the oven to 275 F and move the baking rack into the middle of the oven. Line a baking sheet with parchment paper.
- Mix all of the ingredients in a large bowl, then evenly spread onto the baking sheet.
- Bake for 35-40 minutes, stirring every 15 minutes or so. Check the granola at 35 to make sure it isn't burning. It may still seem a bit moist at 40 but take it out as it will dry as it cools.
- If any is stuck together after it cools, break apart with your hands. Store in an airtight container at either room temp or in the fridge.



S *Substitutions:*

Simply replace the coconut flakes with more sliced tigernuts.

TOASTED COCONUT CHIPS



YIELDS

1/4 cup



TIME

15 minutes

INGREDIENTS

- 1/4 cup Coconut Chips
- Any Desired Spices (see suggestions in Additional Tips below)

DIRECTIONS

- 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 your desired spices. Stir.



T *Additional Tips:*

Some AIP-compliant combos I love:

- Just Cinnamon
- Just Sea Salt
- Salt and a splash of Apple Cider Vinegar
- Cinnamon and Coconut Sugar (I like to grind the coconut sugar a bit with a coffee grinder to make it a bit more powdery so that it sticks better)

BLUEBERRY SYRUP



YIELDS

1 half pint



TIME

11 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:*

A really really easy syrup/sauce recipe that is delicious on waffles, pancakes, breakfast bowls, coconut parfaits, mixed in with coconut yogurt, and even over ice cream.

M *Make ahead:*

You can make this up to 2 weeks ahead of time or freeze it in ice cube trays for several hour. See instructions above for freezing sauces.

MIXED BERRY SAUCE



YIELDS

1 cup



TIME

35 minutes

INGREDIENTS

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

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:*

It's a great recipe to make mid-winter too as you can easily use frozen berries and get a pop of color and flavor when fresh berries are expensive and harder to find.

M *Make ahead:*

You can make this up to a week ahead of time and store in the fridge. You can also freeze for later use. See instructions above for freezing sauces.

S *Substitutions:*

Feel free to use whatever berries you have on hand.

"CHOCOALTE" 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:*

f

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.

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