



THE  
AUTOIMMUNE COLLECTIVE

# 7-DAY AIP MEAL PLAN



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# MEAL SCHEDULE

*\*\*\*Pink indicates a leftover meal*

## MONDAY

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**Breakfast:**

Sweet Potato Hashbrowns  
Lemon Oregano Chicken

**Lunch:**

Tuna Salad Plate

**Snack:**

Banana Energy Bites

**Dinner:**

Beef & Broccoli

## TUESDAY

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**Breakfast:**

Turkey Cranberry Squash Bowls

**Lunch:**

Beef & Broccoli

**Snack:**

Sea Salted Kale Chips

**Dinner:**

Sheet Pan Chicken Thighs with Asparagus

## WEDNESDAY

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**Breakfast:**

Pork & Apple Sausage Patties  
Go-to Green Smoothie

**Lunch:**

One Pan Chicken Thighs with Asparagus

**Snack:**

Banana Energy Bites

**Dinner:**

Turkey Mushroom Lettuce Wraps

## THURSDAY

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**Breakfast:**

Sweet Potato Hashbrowns  
Lemon Oregano Chicken

**Lunch:**

Turkey Mushroom Lettuce Wraps

**Snack:**

Sea Salted Kale Chips

**Dinner:**

Creamy Sweet Potato Noodle Bowl

*\*\*\*Pink indicates a leftover meal*

## FRIDAY

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### Breakfast:

Pork & Apple Sausage Patties  
Go-to Green Smoothie

### Lunch:

Creamy Sweet Potato Noodle Bowl

### Snack:

Banana Energy Bites

### Dinner:

Maple Turkey Burgers  
Roasted Spaghetti Squash

## SATURDAY

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### Breakfast:

Turkey Cranberry Squash Bowls

### Lunch:

Maple Turkey Burgers  
Roasted Spaghetti Squash

### Snack:

Sea Salted Kale Chips

### Dinner:

Slow Cooker Apple Cinnamon  
Pork Tenderloin

## SUNDAY

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### Breakfast:

Spiced Carrot Breakfast Porridge

### Lunch:

Slow Cooker Apple Cinnamon Pork  
Tenderloin

### Snack:

Banana Energy Bites

### Dinner:

Salmon with Sautéed Kale

## DESSERT!

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Spiced Macarons

# SHOPPING LIST

## Meats and Seafoods:

1 lb Chicken Thighs (bone-in, skin on)  
1 lb Ground Pork (or chicken)  
2.5 lb Ground Turkey  
10 oz Flank Steak  
4 slices Bacon  
8 oz Pork Tenderloin  
4 oz Salmon Fillet

## Fresh Produce:

3 large Sweet Potatoes  
6 cloves Garlic  
2 Lemons  
3 Apples  
2 Bananas  
2 large handfuls Spinach  
2 ribs Celery  
1.5 Avocado  
1.5-inch piece of fresh Ginger (or 2 tsp dried)  
1 medium Delicata or Acorn Squash  
1/2 cup fresh Cranberries  
4 cups Microgreens or Spinach, Kale, or Arugula  
5 medium Carrots  
1/4 small head Cauliflower (about 3-4 florets)  
3 cups Kale Leaves  
1/4 Cucumber or Zucchini  
3 cups Broccoli florets  
2 cups Asparagus  
6 White Button Mushrooms (sliced or whole)  
1 head Boston Lettuce or Butter Lettuce  
2 tbsp Cilantro  
2 tbsp Shallot  
2 cups Baby Spinach  
1 small Spaghetti Squash  
1/2 Yellow Onion  
1 bunch Kale

## Herbs and Spices:

Sea Salt  
1.25 tsp dried Oregano  
4 tsp ground Sage  
4 tsp Cinnamon  
4 tsp dried Thyme  
1.5 tsp dried Oregano  
1 tsp dried Ginger  
pinch Mace (optional)  
1/4 tsp Vanilla Powder (optional)  
1/4 tsp ground Cloves

## Oils and Vinegars:

You'll need either of these - or use them all to have variety: Coconut Oil, Olive Oil, Avocado Oil, or Lard

2 tbsp Balsamic Vinegar

## Baking:

4 tbsp Arrowroot Powder  
3.25 cups Unsweetened, Shredded Coconut Flakes  
1/3 cup Coconut Flour (or Cassava)  
4 tbsp Maple Syrup  
2 tbsp Honey

## Canned Goods:

2.3 cup Coconut (or Tigernut Milk) or Water  
1 can Tuna  
1/3 cup Bone Broth (Beef or Chicken)

## Misc:

1 scoop + 1 tbsp Collagen Peptides (optional)  
1/4 cup Coconut Yogurt or Coconut Cream  
3 tbsp Coconut Aminos  
3 tbsp Coconut Butter

# BREAKFAST RECIPES



# Sweet Potato Hashbrowns

*Makes 2 Servings - For Monday and Thursday Breakfast*

Time to make: 20 minutes

Top this one with a sausage patty and/or even some avocado and fresh greens like spinach!

- **1 large Sweet Potato, peeled and shredded**
- **3 tbsp Arrowroot Powder**
- **1/4 tsp Sea Salt**
- **2 tbsp Coconut Oil (or Avocado Oil, Olive Oil, Lard, etc)**

Using your hands and a paper towel or kitchen towel, squeeze as much liquid out of the shredded sweet potato as possible.

In a mixing bowl, combine the sweet potato, arrowroot powder and salt.

Heat oil in a cast iron skillet over medium heat. Sprinkle the sweet potato evenly across the skillet to form a thin layer. Press down with a spatula and cook on each side for 4 to 5 minutes, or until brown and crispy.

Transfer to a towel-lined plate to absorb any excess oil. Let cool slightly and enjoy!

**T** *Additional Tips:*

Refrigerate in an airtight container for up to five days.

**T**

Want more flavor? Add 1/2 tsp of garlic and/or onion powder to the sweet potato mixture.



# Lemon Oregano Chicken

*Makes 2 Servings - For Monday and Thursday Breakfast*

Time to make: 30 minutes

Having roast chicken for breakfast may seem weird if you're new to AIP, but it's a great option!

**T** *Additional Tips:*

Refrigerate in an airtight container for up to three days.

- **1/2 lb Chicken Thighs (bone-in, skin on)**
- **1 clove Garlic, minced**
- **1/2 Lemon (zest and juice divided)**
- **1 1/4 tsp Oregano**
- **1/4 tsp Sea Salt**

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

Add the chicken to a large bowl with the garlic, lemon zest, half of the lemon juice, oregano and salt. Toss to coat the chicken evenly in the seasonings.

Transfer the seasoned chicken thighs onto the baking sheet and cook for 25 minutes or until cooked through.

Remove from the oven and drizzle with remaining lemon juice. Season with additional salt if needed. Enjoy!





# Pork & Apple Sausage Patties

*Makes 8 patties - For Wednesday and Friday breakfast (with some leftover to freeze)*

Time to make: 30 min

Serving Size: 1-2 patties

These sausage patties freeze really well, so think about freezing any leftovers by laying flat on a baking sheet to freeze. Once frozen, transfer to a freezer-safe bag or container and take out as needed. You can thaw in the fridge overnight or quickly thaw in the microwave or in a pan on the stove.

- **1 lb Ground Pork (can use chicken if you'd rather)**
- **1 Apple, cored, finely chopped or grated**
- **1 tsp Ground Sage**
- **1/2 tsp Cinnamon**
- **1/2 tsp Sea Salt**
- **2 tbs Avocado Oil, Olive Oil, Lard, Coconut Oil, etc**

In a mixing bowl, combine the ground pork, apple, sage, cinnamon and salt.

Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.

Heat coconut oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.

Set aside to cool slightly. Enjoy!

**T** *Additional Tips:*

Refrigerate in an airtight container for up to three days.

**T**

Want more flavor? Add 1/2 tsp of garlic and/or onion powder to the sweet potato mixture.

**T**

Also great with some sauerkraut on top!



# Go-to Green Smoothie

*Makes 2 servings - for Wednesday and Friday Breakfast*

Time to Make: 10 minutes

I'm giving you instructions and ingredients here to make TWO smoothies at one time. This might seem strange but it stores in the fridge just fine so you can easily make it once and then have it both days in the plan.

NOTE: This is pretty thick the way it's written so you can eat it with a spoon, but just add some more milk or even some water to make it more like a traditional drinkable smoothie.

- **1 Frozen Banana**
- **2 large handfuls Spinach**
- **2 ribs Celery**
- **1 Avocado, pitted (optional)**
- **1 scoop Collagen (optional)**
- **1 cup Coconut or Tigernut Milk or water if you don't have either - and add more if you want it thinner to drink**
- **1 Lemon - juice of (about 4 tbsp)**
- **1-inch piece fresh Ginger (could also use 2 tsp of dried Ginger)**

Blend everything together and enjoy!

## **T** *Additional Tips:*

Make it into a smoothie bowl and add any of the AIP Breakfast Toppings from the worksheet in your membership portal!



# Turkey Cranberry Squash Bowls

*Makes 2 servings - For Tuesday and Saturday breakfast*

Time to make: 40 minutes

Rethink the way you eat breakfast with these delicious bowls!

- **1 medium Delicata or Acorn Squash**
- **2 tbsp Olive Oil**
- **1 lb Ground Turkey**
- **1 tsp dried Sage**
- **1 tsp dried Thyme**
- **1/2 tsp dried Oregano**
- **1 tsp Sea Salt**
- **1/2 cup fresh Cranberries**
- **4 cups Microgreens**
- **2 tbsp Balsamic Vinegar**

Preheat the oven to 350 F and line a baking sheet with parchment paper.

Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.

Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.

Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.

Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

**T** *Additional Tips:*

**No microgreens?** Use any leafy green like baby spinach, kale, or arugula.

**T**

Keeps well in the fridge up to 3 days.



# Spiced Carrot AIP Breakfast Porridge

*Makes 1-2 Servings - For Sunday Breakfast*

Time to make: 40 minutes

A comforting way to start your morning!

- **2 medium Carrots**
- **1/4 small head Cauliflower (about 3-4 florets)**
- **1/4 tsp Cinnamon**
- **1/8 tsp ground Ginger**
- **pinch Mace (optional)**
- **1/4 tsp Vanilla Powder (optional)**
- **1/3 cup Coconut or Tigernut Milk**
- **1 tsp Maple Syrup**

## **T** *Additional Tips:*

Add as many toppings as you want - sliced pears, apples, raisins, melted coconut butter, sliced banana, or cinnamon would all be delicious!

## **T**

You can make the larger batch of this (recipe in membership portal) and eat throughout the week and/or freeze for when you want it.

Cut the carrots and cauliflower into small chunks and then steam for 30 minutes.

Put into a blender, food processor, or large bowl to use with a hand immersion blender. Add the rest of the ingredients and blend until smooth. Serve.

# SNACK RECIPES



# Banana Energy Bites

*Makes 10 balls (Serving size: 2 balls) - For Mon, Wed, Friday, and Sunday snack*

Time to make: 30 minutes (only 10 active time)

These are delicious little portable snacks you can take pretty much anywhere! Easy to make and also freezable for up to 3 months!! **See the additional tips to make it coconut-free.**

- **2 cups Unsweetened Coconut Flakes**
- **1 Banana**
- **1 tbsp Coconut Oil**
- **1/3 cup Coconut Flour**
- **1 tbsp Collagen Peptides Powder**
- **3/4 tsp Cinnamon**
- **1/4 tsp dried Ginger**
- **1/4 tsp Sea Salt**

## **T** *Additional Tips:*

Try a variation on flavor by adding mace or vanilla bean powder.

## **T**

Don't have collagen? Use coconut flour instead

## **T**

**Can't have coconut?** Try sliced tigernuts or dried banana chips instead of the coconut flakes, 1/3 cup cassava or tigernut flour in place of the coconut flour, and use avocado or olive oil in place of the coconut oil

Preheat the oven to 350 F and arrange coconut flakes on a baking sheet. Bake for 8 to 10 minutes until golden brown and fragrant. Let cool.

Add toasted coconut flakes to a food processor and blend until a fine, moist crumb forms. Add the remaining ingredients to the food processor and blend until a ball of dough forms. If a ball hasn't formed, add an additional tablespoon of coconut flour and continue blending.

Scoop a tablespoon of dough out at a time and roll into a ball. Place rolled balls on a plate or in a container and place in the fridge to set for approximately 20 minutes. Enjoy!



# Sea Salted Kale Chips

*Makes 3 servings- For Tues, Thurs, and Saturday snack*

Time to make: 20 minutes

If you've got a craving for a crunchy, salty snack, these are awesome!

**T** *Additional Tips:*

Store at room temp for up to a week

- **3 cups Kale Leaves**
- **1 1/2 tbsps melted Coconut Oil or Avocado Oil or Olive Oil**
- **3/4 tsp Sea Salt**
- **1/3 Lemon, juiced**

Preheat oven to 350 F. Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!

Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.

Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.

Cook in oven for 10 to 15 minutes. Remove from oven when crisp. Enjoy!

# LUNCH RECIPE





# Tuna Salad Plate

*Makes 1 serving- For Monday lunch*

Time to make: 5 minutes

This filling plate is filled with nutrient-dense goodies!

- **1 can Tuna (drained, broken into chunks)**
- **1/2 Avocado (pit removed)**
- **1/4 cup Unsweetened Coconut Yogurt or Coconut Cream**
- **1/4 Cucumber or Zucchini. sliced**
- **1/4 tsp Sea Salt**

Assemble all the ingredients onto a plate or into a container if on-the-go.

Season with salt and enjoy!

## **T** *Additional Tips:*

Refrigerate in an airtight container for up to four days.

## **T**

Want additional toppings?  
Top with sliced green onions, red onion

## **T**

No Tuna?  
Use sardines or salmon instead.

## **T**

**No Coconut Yogurt?** You can use the Tzatziki Sauce from the membership portal or any other sauce you'd like. **For a coconut-free version**, just use a sauce of olive oil mixed with some dried herbs like Italian Seasoning and sea salt

## **T**

**Can't have avocado?** Replace with olives!

# DINNER RECIPES



# Beef & Broccoli

*Makes 2 Servings - For Monday Dinner and Tuesday Lunch*

Time to make: 15 min

Recreate a favorite takeout dish with this flavorful dish!

- **1/3 cup Bone Broth (Beef or chicken)**
- **2 tbsp Coconut Aminos (skip if coconut-free)**
- **2 cloves Garlic, minced**
- **1 tsp fresh Ginger, minced**
- **1 tbsp Arrowroot Powder**
- **1/2 tsp Avocado or Olive Oil**
- **10 ozs Flank Steak (sliced against the grain)**
- **3 cups Broccoli florets, chopped**

In a small bowl, whisk together the broth, coconut aminos, garlic, ginger and arrowroot powder until no clumps remain.

Heat a skillet over medium heat and add the avocado oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

**T** *Additional Tips:*

Refrigerate in an airtight container for up to three days.

**T**

Serve on top of cauliflower rice if you want to make it heartier. Top with sliced green onion. (This is a good one to make for family - serve theirs on white rice if cauli rice isn't their thing)

**T**

No Arrowroot Powder? Use Tapioca Starch instead.



# Sheet Pan Chicken Thighs with Asparagus

*Makes 2 servings - For Tuesday Dinner and Wednesday Lunch*

Time to make: 40 minutes

You only have to dirty up one sheet pan with this meal! If you need to cook for more people, simply multiply the quantities and maybe add another sheet pan - if you do this, you may want to put the pan that was on the bottom under the broiler for a few minutes to crisp up the chicken skin.

## **T** *Additional Tips:*

Refrigerate in an airtight container for up to three days.

## **T**

Use coconut oil or extra virgin olive oil instead.

- **1/2 lb Chicken Thighs (bone-in, skin on)**
- **1 tsp dried Oregano**
- **1 tsp dried Thyme**
- **1/4 tsp Sea Salt (divided)**
- **1 tsp Avocado or Olive Oil (divided)**
- **1 large Sweet Potato, peeled and diced**
- **2 cups Asparagus, trimmed**

Preheat the oven to 425 F and line a baking sheet with parchment paper.

Season the chicken thighs with oregano, thyme and half of the sea salt. Drizzle half of the avocado oil on top of the sweet potato and place next to the chicken. Bake for 15 minutes.

Remove the baking sheet and add the asparagus along with the remaining avocado oil and sea salt. Bake for 15 to 30 minutes or until the chicken is cooked through. Divide between plates/containers and enjoy!



# Turkey Mushroom Lettuce Wraps

*Makes 2 Servings - For Wednesday Dinner and Thursday Lunch*

Time to make: 20 min

One serving is equal to approximately two lettuce wraps.

These are a fun dinner. If you don't like mushrooms you can substitute (or add) water chestnuts for a nice crunch!

- **1/2 tsp Avocado Oil or Olive Oil**
- **6 White Button Mushrooms, sliced**
- **1 clove Garlic, minced**
- **1/2 lb Ground Turkey**
- **1 tbsp Coconut Aminos (skip if coconut-free)**
- **1 head Boston Lettuce or Butter Lettuce**
- **2 tbsp Cilantro, chopped**

In a skillet over medium heat, add the avocado oil along with the mushrooms and cook for 5 to 6 minutes. Reduce the heat slightly and add the garlic. Cook for one minute more.

Add the ground turkey and cook for 8 to 10 minutes, stirring occasionally until it is cooked through. Add the coconut aminos, stir and set aside.

Scoop the turkey mixture on to lettuce leaves and top with cilantro. Serve and enjoy!

**T** *Additional Tips:*

Refrigerate in an airtight container for up to three days.

**T**

No Ground Turkey?  
Use ground chicken instead.

**T**

Additional Toppings?  
Top with additional vegetables such as carrots or celery.

**T**

No Cilantro?  
Omit, or use basil instead.



# Creamy Sweet Potato Noodle Bowl

*Makes 2 Servings - For Thursday Dinner and Friday lunch*

Time to make: 25 minutes

This is a comforting meal that you'll want time and time again. You can always add more protein and even more veggies to really bulk it up.. Asparagus would also be great, as would canned artichoke hearts (make sure there are no preservatives!)

- **4 slices Bacon, roughly chopped**
- **2 tbsp Shallot, finely chopped**
- **2 cloves Garlic, minced**
- **1 cup Coconut Milk or Tigernut Milk**
- **1 large Sweet Potato, spiralized into noodles**
- **2 cups Baby Spinach**
- **Sea Salt to taste**

In a large pan, fry the chopped bacon over medium heat until cooked through. Remove with a slotted spoon and set aside. Keep the bacon drippings in the pan.

In the same pan add the shallot. Cook over medium-low heat until cooked, about 4 to 5 minutes. Add the garlic and cook for 30 seconds more. Next, add the coconut milk and stir, letting it simmer for 5 minutes.

Add the sweet potato noodles, cover and cook until softened, about 3 to 5 minutes. Add the spinach and stir until just wilted. Remove the pan from the heat and add the diced bacon back in. Toss everything together, plate and enjoy!

## **T** *Additional Tips:*

Refrigerate in an airtight container up to 4 days. Reheat on the stove or microwave until heated through.

## **T**

Want more protein? Add cooked fresh or canned salmon or chicken on top.

## **T**

No Bacon?  
Use prosciutto instead or omit.

## **T**

No Spinach?  
Use kale or arugula instead.



# Maple Turkey Burgers

*Makes 2-4 servings - for Friday Dinner and Saturday lunch*

Time to make: 30 minutes

These burgers are a nice departure from regular beef burgers and can even be frozen for later.

- **1 lb Ground Turkey**
- **2 tbsp Maple Syrup**
- **1 tsp Dried Thyme**
- **2 tsp Ground Sage**
- **1 tsp Sea Salt**
- **2 tbsp Coconut Oil, Avocado Oil, Olive Oil, or Lard**

In a mixing bowl, combine the ground turkey, maple syrup, thyme, sage and salt.

Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 15 minutes.

Heat the coconut oil in a large pan over medium heat. Fry each burger patty until cooked through, about 4 to 6 minutes per side.

Set aside to cool slightly. Enjoy!

## **T** *Additional Tips:*

Refrigerate in an airtight container for up to three days or freeze for up to 3 months.

## **T**

Want more flavor?  
Add onion and/or garlic powder.

## **T**

Top with avocado, bacon, sprouts or wrap it in lettuce.

## **T**

Breakfast Lover?  
Make the patties thinner or roll them into sausages for breakfast.



# Roasted Spaghetti Squash

*Makes 2 servings - For Friday dinner and Saturday lunch*

Time to make: 50 minutes

This is a super easy side dish that you can quickly prepare and then go do other things (like make the Maple Turkey Burgers).

- **1 small Spaghetti Squash**
- **1 tbsp Avocado or Olive Oil**
- **1 tsp Sea Salt**
- **1 tsp dried Thyme**

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

Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet, drizzle with the oil, salt, and thyme and bake for 40 to 45 minutes.

Remove the squash from the oven and let it cool. Use a fork to shred the flesh into noodles. Enjoy!

## **T** *Additional Tips:*

Cooked spaghetti squash keeps well in the fridge for 3 to 4 days.

## **T**

Try other herbs or spices - sage and rosemary are great.





# Slow Cooker Apple Cinnamon Pork Tenderloin

*Makes 2 Servings - for Saturday Dinner and Sunday lunch*

Time to make: 4 hours (only 5-10 min active time)

This makes a flavorful pork dish - I don't give you a side to have with it because there are apples and carrots, but if you do want more, you could make mashed cauliflower, squash, or sweet potatoes to go with it.

- **8 ozs Pork Tenderloin**
- **2 Apples. sliced and divided**
- **3 medium Carrots, sliced into rounds**
- **1/2 Yellow Onion, diced**
- **2 tbsp Honey**
- **1.5 tsp Cinnamon**

Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.

Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.

Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

## **T** *Additional Tips:*

Make it super tender - Brine your pork tenderloin the night before for more flavor and tenderness.

## **T**

Serve on a bed of spinach or add your choice of veggies to the slow cooker.



# Salmon with Steamed Kale

*Makes 1 serving - For Sunday Dinner*

Time to make: 20 minutes

This is a really quick meal to make. If you don't like salmon you can replace it with any fish you'd like

- **4 oz Salmon Fillet**
- **2 tbsp Coconut Oil, Avocado Oil, or Olive Oil**
- **1/4 tsp Sea Salt + more to taste**
- **1 bunch Kale Leaves, roughly chopped**
- **1 Lemon**

Preheat oven to 325 F.

Place the salmon fillets on a baking sheet lined with parchment paper. Rub with 1/4 of the coconut oil and season with salt.

Wrap the parchment around the salmon, folding the seams and tucking them so that steam doesn't escape. Bake until medium-rare, about 18 minutes.

Meanwhile, place kale in a steamer over boiling water for about 3 minutes or until wilted.

Drain any excess water. Toss kale with remaining coconut oil and season with salt to taste. Put onto a plate and top with the salmon. Drizzle the juice of the lemon all over the kale and fish. Enjoy!

**T** *Additional Tips:*

No kale? Use collard greens, cabbage, broccolini or bok choy instead.

**T**

Store covered in the fridge up to 3 days.

# DESSERT RECIPE



# Spiced Macaroons

*Makes 12 - to have as desired*

Time to make: 25 minutes

Here's a sweet treat you can make and then freeze so that you have easy access to something sweet and fun to eat whenever you may need it! This helps avoid temptation when going to parties and other events. Sorry, this one is hard to avoid coconut!

- **3 tbsp Coconut Butter**
- **1 tsp Cinnamon**
- **1/4 tsp Ground Cloves**
- **1/4 tsp Ground Ginger**
- **1.5 tbsp Maple Syrup**
- **1 1/4 cups Unsweetened Shredded Coconut**

Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper or a silicone baking mat.

In a saucepan over low heat, combine the coconut butter, cinnamon, cloves and maple syrup. Heat just until melted, stirring frequently. Remove from heat and gently fold in the shredded coconut using a spatula.

Very tightly pack the mixture into a tablespoon. Add more coconut butter or oil if the mixture is too loose.

Push down the edge of the macaroon with your thumb to help release it from the spoon.

Transfer to the baking sheet and repeat for the remainder of the mixture.

Bake for 10 minutes or until golden brown. Let the macaroons cool completely to allow them to firm up. If the macaroons are too crumbly, freeze them before serving. Enjoy!

## **T** *Additional Tips:*

Freeze in an airtight container for up to three months. For best results, serve from frozen (no need to thaw).

## **T**

One serving equals approximately one macaroon.

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