



AIP ICE CREAM

No-churn Ice Cream and Popsicle Recipes for the
Autoimmune Protocol

Michele Spring



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SNOW CONES



YIELDS

2 servings

TIME

10 minutes

FREEZING TIME

none

INGREDIENTS

- 12 Ice Cubes
- 3-4 tbsp Juice of choice
- 1 tbsp Maple Syrup (optional - use if using a vegetable juice like carrot juice)

DIRECTIONS

Add ice cubes to a high-powered blender and blend until fully shaved. Divide into snow cone cups or small bowls. Drizzle the juice and maple syrup (if using) otop the snow cones. Enjoy immediately!

S *Substitutions:*

Use any juice to change up the color and flavor. This picture was actually carrot juice!



COCONUT BANANA ICE CREAM



YIELDS

PREP TIME

FREEZING TIME

4-6 servings

15 minutes

4 hours

INGREDIENTS

- 1 1/2 cups Coconut Milk
- 5 sliced and frozen Bananas
(about 40-50 slices)

S *Substitutions:*

Use tigernut milk instead of the coconut milk, but note that it won't be as creamy.

T *Additional Tips:*

Keep sliced bananas in the freezer just for ice cream like this. Slice them and lay them flat on a baking sheet until frozen. Then transfer to a freezer-safe container or bag and store in the freezer until needed.

T *Additional Tips:*

Add a 1/2-1 tsp Vanilla Bean Powder to make vanilla ice cream.

Also 1/4-1/2 tsp of Cinnamon to make a delicious snickerdoodle-type ice cream.

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.

Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.



RASPBERRY COCONUT ICE CREAM



YIELDS

4 servings



TIME

10 minutes



FREEZING TIME

none
needed

INGREDIENTS

- 1 1/2 cups Frozen Raspberries
- 1 tbsp Maple Syrup
- 1 1/2 cups Coconut Milk, canned and refrigerated overnight

DIRECTIONS

Scrape the coconut cream from the top of the can into a blender or food processor. The cream should have separated from the coconut water after being refrigerated but sometimes the AIP-compliant ones don't do that. Do your best - it'll still turn out great, this just makes it ultra creamy. **You can also just use a can or carton of AIP-compliant coconut cream if you can find it*

Add raspberries and maple syrup to blender and blend until very smooth and creamy, occasionally scraping down the sides. You may add 1 tbsp of coconut water at a time (leftover from your can) if the blender/processor gets stuck. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

S *Substitutions:*

Use any frozen berries in place of the raspberries

You could use tigernut milk in place of the coconut milk but it won't be as creamy...



"CHOCOLATE" BANANA

**YIELDS**

4 servings

PREP TIME

10 minutes

FREEZING TIME

none, but 1 hour
makes it firmer

INGREDIENTS

- 4 sliced and frozen Bananas
(about 40 slices)
- 1/8 cup Carob Powder
- 1 tbsp Maple Syrup

T *Additional Tips:*

Keep sliced bananas in the freezer just for ice cream like this. Slice them and lay them flat on a baking sheet until frozen. Then transfer to a freezer-safe container or bag and store in the freezer until needed.

T *Additional Tips:*

Mix in a bit of tigernut butter at the very end to make it like a pb and chocolate swirl

DIRECTIONS

Add frozen bananas, carob powder, and maple syrup to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).

Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.



STRAWBERRY ICE CREAM

**YIELDS**

4 servings

PREP TIME

10 minutes

FREEZING TIME

none, but 1
hour for firmer

INGREDIENTS

- 4 sliced and frozen Bananas
(about 40 slices)
- 2 cups Frozen Strawberries

T *Additional Tips:*

Keep sliced bananas in the freezer just for ice cream like this. Slice them and lay them flat on a baking sheet until frozen. Then transfer to a freezer-safe container or bag and store in the freezer until needed.

DIRECTIONS

Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).

Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.



MATCHA ICE CREAM

**YIELDS**

4 servings

PREP TIME

10 minutes

FREEZING TIME

none, but 1 hour
makes it firmer

INGREDIENTS

- 4 sliced and frozen Bananas
(about 40 slices)
- 1 tbsp Matcha Tea Powder

T *Additional Tips:*

Keep sliced bananas in the freezer just for ice cream like this. Slice them and lay them flat on a baking sheet until frozen. Then transfer to a freezer-safe container or bag and store in the freezer until needed.

DIRECTIONS

Add frozen bananas and green tea powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).

Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.



PINA COLADA ICE CREAM



YIELDS
4 servings

PREP TIME
10 minutes

FREEZING TIME
none, but 1 hour
makes it firmer

INGREDIENTS

- 2 sliced and frozen Bananas (about 20 slices)
- 2 cups Pineapple (cut into chunks and frozen)
- 1/2 cup Coconut Milk or Tigernut Milk

DIRECTIONS

Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).

Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

T *Additional Tips:*

Keep sliced bananas in the freezer just for ice cream like this. Slice them and lay them flat on a baking sheet until frozen. Then transfer to a freezer-safe container or bag and store in the freezer until needed.



BLUEBERRY ICE CREAM FLOAT



YIELDS
1 serving



PREP TIME
10 minutes



FREEZING TIME
none

INGREDIENTS

- 1/2 cup Blueberries (fresh or frozen)
- 2 tbsps Water
- 2 tbsps Maple Syrup
- 1 cup Coconut Banana Ice Cream pg.
- 1 1/2 cups Sparkling Water

DIRECTIONS

In a small pot, simmer the blueberries, water and syrup for about 5 minutes. Remove from heat. (Or you can put them in a microwave safe bowl and cook on high for about 30 seconds, stir, and then 30 seconds more)

Once cooled, add the blueberry syrup and ice cream into a bowl or glass.

Top with sparkling water, and garnish with extra blueberries (optional). Enjoy immediately!



RASPBERRY AVOCADO ICE CREAM



YIELDS 2 servings **PREP TIME** 10 minutes **FREEZING TIME** none

INGREDIENTS

- 1 Avocado (pitted and peeled)
- 1 cup frozen Raspberries
- 1/2 small frozen Banana
- 3 tbsps Coconut or Tigernut Milk
- 1 tbsp Maple Syrup

DIRECTIONS

Add all ingredients to a food processor and blend until smooth and creamy. Serve immediately and enjoy!

S *Substitutions:*

Use any frozen berries in place of the raspberries



GREEN TEA ICE POPSICLES



YIELDS 6 servings **PREP TIME** 10 minutes **FREEZING TIME** 5 hours

INGREDIENTS

- 2 cups Green Tea (brewed)
- 1 tbsp Honey
- 1/4 Lemon (zested and juiced)

DIRECTIONS

If you haven't yet, brew your green tea. Add honey and lemon juice. Mix well and place in the fridge until chilled.

Once chilled, pour into 3 oz paper cups or popsicle molds. Sprinkle a pinch of lemon zest into each cup.

Freeze for 45 to 60 minutes or until partially frozen. Insert popsicle sticks. If sticks aren't staying, freeze for additional 15 minutes and try again.

Place in freezer for 4 hours or until completely frozen. Enjoy!

S *Substitutions:*

Green tea not your thing? You can use any AIP-compliant brewed tea - hibiscus would be lovely!



MANGO COCONUT POPSICLES



YIELDS 6 servings **PREP TIME** 10 minutes **FREEZING TIME** 4 hours

INGREDIENTS

- 3 cups Frozen Mango
- 1 1/2 cups Coconut Milk or Tigernut Milk (divided)

DIRECTIONS

Blend mango and 3/4 cup of the coconut milk in a food processor or blender until smooth.

Roughly scoop mango puree into 3oz. paper cups or popsicle molds. Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen. Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.



CHERRY BLUEBERRY POPSICLES



YIELDS 6 servings **PREP TIME** 10 minutes **FREEZING TIME** 4 hours

INGREDIENTS

- 1/2 cup Frozen Cherries (roughly chopped)
- 1/2 cup Blueberries
- 1/2 cup Coconut Milk or Tigernut Milk
- 1 tbsp Maple Syrup (optional)

DIRECTIONS

If you do not have popsicle molds, use 3 oz cups and popsicle sticks. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.

Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. If you want to make the milk a bit sweeter, mix with the maple syrup, otherwise leave plain. Fill remainder of each cup with the coconut milk.

Place in freezer for 4 hours or until completely frozen. Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mold. Enjoy!



CREAMY AVOCADO POPSICLES

**YIELDS****PREP TIME****FREEZING TIME**

8 servings

10 minutes

4 hours

INGREDIENTS

- 2 Avocados (peeled and pitted)
- 1/4 cup Honey
- 1 cup Coconut Milk or Tigernut Milk

DIRECTIONS

Blend all ingredients in a food processor or blender until smooth. Pour into 3 ounce cups or popsicle molds and insert popsicle sticks in the middle.

(Alternatively, if you want a swirl like in the picture, just add the avocado and honey to the food processor, scoop into the molds, and then fill the rest of the cup/mold with milk)

Place in freezer for 4 hours or until completely frozen. Enjoy!





"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.



COCONUT WHIPPED CREAM



YIELDS
Depends



TIME
5 minutes

INGREDIENTS

- 1 can Chilled Coconut Cream (these range in size – see notes) chilled in the fridge for 24 hours
- 1 tsp Maple Syrup

T *Additional Tips:*

I honestly don't even bother "whipping" the cream half the time. Usually I just mix with a fork and glob it on. Laziness for the win! It tastes the same...

M *Make Ahead:*

This will keep in the fridge up to 3 days, but you'll probably have to whip it again if you want fluffiness.

DIRECTIONS

For best results, put your mixing bowl and mixer beaters in the fridge or freezer for 30 minutes beforehand.

Spoon the coconut cream into the mixing bowl, taking care to leave any liquid in the can.

Mix on high for 1-3 minutes, or until the cream is fluffy and peaks form. Add the maple syrup and mix for an additional minute.

T *Additional Tips:*

If you're doing AIP, find guar gum and other preservative-free coconut cream. These typically come in larger 13.5 oz cans in the US. If you're just doing Paleo and are ok with guar gum, the smaller, 5 oz cans work well.

T *Additional Tips:*

The different brands of coconut cream work differently as well – try a few brands out to see which texture you like best.



STEWED BERRIES



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!



30-SECOND TIGERNUT BUTTER



YIELDS
3 tbsp



TIME
1 minute



YouTube
[Tap to Watch](#)

INGREDIENTS

- 1-2 tbsp Tiger nut Flour
- 1-3 tbsp Avocado Oil
- pinch Sea Salt

DIRECTIONS

Put the tiger nut flour in a small bowl. Drizzle in some of the avocado oil and mix well with a fork or spoon, making sure to break up any clumps of tiger nut flour.

Add more oil as needed to get to a consistency you desire, letting the mixture sit for a few seconds in between additions to let the flour absorb the oil.

Add a pinch of sea salt and any other variations you might like and use!

T *Additional Tips:*

Make it more flavorful with some additions like a pinch each of: Cinnamon, Vanilla Powder, and Honey or Maple Syrup

M *Make Ahead:*

This keeps in the fridge for 1-2 weeks

S *Substitutions:*

Substitute melted coconut oil or another desired oil/fat for the avocado oil



COCONUT MILK



YIELDS

4 cups



TIME

10 minutes



YouTube

[Tap to
Watch](#)

INGREDIENTS

- 2 cups Shredded, Unsweetened Coconut
- 4 cups Water

T *Additional Tips:*

Use the leftover pulp to make the ricotta recipe!

Or make coconut flour: spread the pulp in a very thin layer on a baking sheet or dehydrator tray and bake at 250 F for 30-60 minutes (or 3-4 hours at 160 F in the dehydrator) until dry, then pulse in a blender or food processor until a fine powder!

DIRECTIONS

Put the coconut and water into a blender. Blend on high for about 3 minutes, or until no chunks remain.

Pour the mixture through a nut milk bag, cheesecloth, or fine mesh sieve. Squeeze and knead to get all of the milk out. Pour into a glass storage container and refrigerate until needed.

M *Make ahead:*

Store in the fridge for up to a week, shaking to mix any separation that may occur.



TIGERNUT MILK



YIELDS

4 cups



TIME

24-48 hours +
10 minutes

INGREDIENTS

- 1 cup Whole Tigernuts
- 4 cups Water – divided
- pinch Sea Salt



Make Ahead:

You can freeze the tigernut milk, preferably in ice cube-sized cubes for easy thawing.

DIRECTIONS

24-48 hours ahead of time, place the tigernuts into a jar or bowl and cover with water. Store covered in the fridge for 24-48 hours.

When ready to make the milk, strain the water out, rinse, and then add the tigernuts, the remaining 2 cups of water, and the pinch of sea salt to a blender. Blend on high for 3-4 minutes, or until there are no chunks remaining.

Strain the mixture through a nut milk bag, cheesecloth, or a fine mesh sieve. Squeeze or knead as needed to get all of the liquid out.

Store in a glass jar in the fridge for up to a week.

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