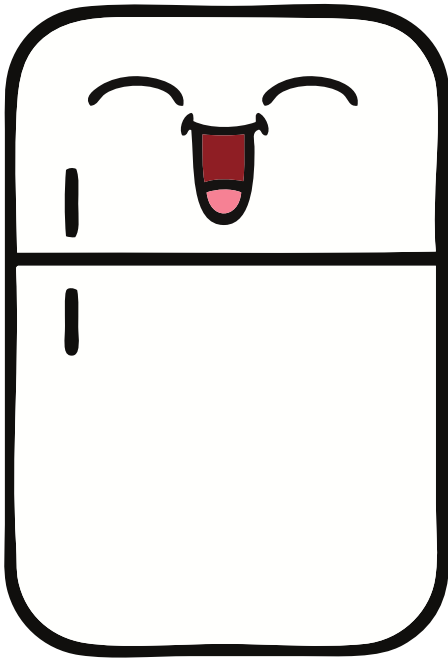


The background of the entire page is a photograph of three round, almond-crusted crackers. Each cracker has a thick, golden-brown crust made of finely ground almonds and a smooth, white filling. They are arranged on a white ceramic plate. The text is overlaid on a semi-transparent white band across the middle of the image.

FREEZABLE AIP DISHES

15 AIP-friendly recipes that freeze well

Michele Spring



I'm excited to share this freezable AIP recipes guide with you!

Enclosed you'll find 15 Autoimmune Protocol-friendly recipes that you can make and then freeze (if you wish - you can always eat them now too).

These recipes range from soups to main dishes, sauces, snacks, and even a dessert. All great things to keep in your freezer for those days when you just can't even or when you don't have time to cook from scratch.

The recipes in this book are compliant for the Paleo Autoimmune Protocol (AIP diet) as designed by Dr. Sarah Ballantyne. This means each of the recipes are free from grains, gluten, dairy, eggs, legumes, nightshades, nuts, seeds, preservatives, gums, and the other AIP eliminated foods.

A note on the serving size: Each recipe has several servings with the anticipation that you'll want to have a few in the freezer, but if you need to make this for a family then you might want to adjust accordingly.

xo, Michele
 Thriving On Paleo

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Tap or click a recipe to
go straight there!





BERRY & YOGURT SMOOTHIE



YIELDS

4 servings



PREP TIME

10 minutes



COOK TIME

N/A

INGREDIENTS

- 2 cups Coconut or Tigenut Yogurt
- 1/4 cup Honey
- 4 Bananas (frozen or fresh)
- 4 cups Frozen Raspberries or other frozen berries
- 4 cups of Water
- 2-3 scoops Collagen Powder for protein (optional - that's about 3-4.5 tbsp)

DIRECTIONS

MAKE TO DRINK NOW:

Place all ingredients in your blender and blend until smooth.

MAKE TO FREEZE NOW:

Place all ingredients in your blender and blend until smooth. Divide the mixture between 4 freezer safe containers or bags, label, and freeze.

TO SERVE:

When you want to drink the smoothie, thaw in the fridge overnight and it should be ready to drink in the morning. If it gets too melted you can blend with ice cubes to make it frozen again.

To drink the smoothie without thawing, break it up a bit with your hands or a meat tenderizer into pieces and then place in the blender with a cup of water or coconut water and blend until smooth.



PINEAPPLE TURMERIC SMOOTHIE



YIELDS

4 servings



PREP TIME

10 minutes



COOK TIME

N/A

INGREDIENTS

- 4 cups Coconut, Tigernut, or Banana Milk
- 4 cups Pineapple chunks (fresh or frozen)
- 2-inch piece fresh Ginger
- 2 tsp dried Turmeric
- 1 tsp Vanilla Powder, optional
- 2-3 scoops Collagen Powder for protein (optional - that's about 3-4.5 tbsp)

DIRECTIONS

MAKE TO DRINK NOW:

Place all ingredients in your blender and blend until smooth.

MAKE TO FREEZE NOW:

Place all ingredients in your blender and blend until smooth. Divide the mixture between 4 freezer safe containers or bags, label, and freeze.

TO SERVE:

When you want to drink the smoothie, thaw in the fridge overnight and it should be ready to drink in the morning. If it gets too melted you can blend with ice cubes to make it frozen again.

To drink the smoothie without thawing, break it up a bit with your hands or a meat tenderizer into pieces and then place in the blender with a cup of water, coconut water, or milk of choice and blend until smooth.

SLOW COOKER CHICKEN SOUP

**YIELDS****PREP TIME****COOK TIME**

6-8 servings

20 minutes

6-8 hours

INGREDIENTS

- 1 Yellow Onion, diced
- 4 stalks Celery, diced
- 3 Carrot, medium, chopped
- 1 tbsp fresh Rosemary, chopped
- 2 lb Chicken Thighs (boneless, skinless)
- Sea Salt to taste
- 6 cups Chicken Broth or water *

See Additional Tips

- 1 Bay Leaf

T *Additional Tips*

If you don't have any chicken broth handy but have some chicken bones you could throw a few in with the water to give it more flavor. Or use bone-in chicken thighs and be sure to remove the bones before serving. Water without bones will also work, but the flavor won't be as strong.

DIRECTIONS

MAKE TO EAT NOW:

Add all ingredients to the crock pot and cook on low for 6-8 hrs.

Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving.

Remove the bay leaf before serving as well.

MAKE TO FREEZE FOR LATER:

Add all ingredients to the crock pot and cook on low for 6-8 hrs.

Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot, remove the bay leaf, and let cool for about 30 minutes before evenly dividing into freezer safe containers or bags. Lay the bags flat on a baking sheet or in a baking dish to freeze, then once frozen, stack or line up in the freezer like books to save space.

TO SERVE:

Thaw in the fridge or reheat from frozen in a pot on the stove or in the microwave.

CREAM OF MUSHROOM SOUP

**YIELDS****PREP TIME****COOK TIME**

8 servings

20 minutes

20 minutes

INGREDIENTS

- 2 tbsp Coconut, Olive, or Avocado Oil
- 2 small Onions, diced
- 6 stalks Celery, diced
- 4 Carrots, diced
- 6 cups Mushrooms (any type will work)
- 1/3 cup Coconut Aminos
- 8 cups Water or Chicken Broth
- 1 cup Coconut or Tigernut Milk

DIRECTIONS

Heat the oil in a large stockpot over medium heat. Add the onion and saute for 4 - 5 minutes or until translucent. Add the remaining ingredients to the pot. Bring to a boil and then reduce to a simmer. Cover with a lid and cook for 20 minutes.

Blend with a stick immersion blender or transfer in batches to a blender and blend until smooth.

Serve or freeze for later.

TO FREEZE:

Let the soup cool for 30 minutes before evenly dividing into freezer safe containers or bags. Lay the bags flat on a baking sheet or in a baking dish to freeze, then once frozen, stack or line up in the freezer like books to save space.

TO SERVE:

Thaw in the fridge or reheat from frozen in a pot on the stove or in the microwave.



SWEET POTATO & TURKEY PATTIES



YIELDS

10 servings



PREP TIME

10 minutes



COOK TIME

20 minutes

INGREDIENTS

- 2 medium Sweet Potatoes, peeled and chopped
- 2 lb Ground Turkey
- 2 cloves Garlic, minced
- 1 tbsp Italian Seasoning
- 2 tsp Sea Salt

DIRECTIONS

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

Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool. Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine.

Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet. Bake the patties for 20 to 25 minutes or until cooked through.

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.

T *Additional Tips*

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



SLOW COOKER PESTO CHICKEN

**YIELDS****PREP TIME****COOK TIME**

8 servings

10 minutes

4-8 hours

INGREDIENTS

- 1 medium yellow Onion, chopped
- 2 lb boneless, skinless Chicken Breasts or Thighs
- 2 cups Chicken Broth
- Sea Salt to taste
- 2 cups Basil Leaves
- 4 cups Baby Spinach
- 1/3 cup Olive Oil
- 2 cloves Garlic
- 2 Lemon (juiced) (about 1/4 cup juice)
- 2 tbsp Coconut Aminos

DIRECTIONS

Place diced onion in the slow cooker and place chicken breasts/thighs on top. Pour the broth in then season generously with sea salt. Cook on high for 4 hours or on low for 6 to 8.

Meanwhile, prepare the pesto. Combine basil, spinach, olive oil, garlic, lemon juice and coconut aminos in a food processor. Pulse well until smooth. Transfer to a jar and store in the fridge until chicken is ready.

Remove chicken from slow cooker and shred with two forks. Mix in the pesto and toss well. Add in a few spoonfuls of the broth from the slow cooker for extra flavor and moisture.

TO FREEZE:

At this point, place in freezer safe containers or bags and store in the freezer until ready.

TO SERVE:

Thaw overnight before reheating on the stove or in the microwave. Serve over a bed of greens, over spaghetti squash, zucchini or sweet potato noodles, or in a lettuce wrap.



COCONUT SHRIMP



YIELDS

PREP TIME

COOK TIME

8 servings

20 minutes

10 minutes

INGREDIENTS

- 1/2 cup Tapioca Flour
- 1/2 cup Coconut Flour
- 1 1/3 cups Unsweetened Shredded Coconut
- 4 Limes, zested
- 1 cup Coconut Milk
- 2 lb Shrimp, peeled, deveined, tail attached
- 2 tbsp Coconut Oil (needed at time of cooking)

DIRECTIONS

On a small plate or bowl, add the tapioca flour. On a separate plate add the coconut flour, shredded coconut and lime zest. Mix well to combine. In a small bowl, add the coconut milk.

One by one, dip the shrimp in the tapioca flour and shake off any excess. Then dip in the coconut milk, shaking off any excess. Then dip in the shredded coconut mixture. Place on a plate and repeat until all of the shrimp are done.

TO FREEZE:

Carefully transfer the shrimp to freezer-safe containers or bags. Freeze until needed.

TO SERVE:

No need to thaw. Heat a skillet over medium heat and add the coconut oil. Add each shrimp to the pan and cook for 3 to 4 minutes per side, adding an additional minute to each side if cooking from frozen.



GREEK MEATBALLS

**YIELDS****PREP TIME****COOK TIME**

8 servings

10 minutes

20 minutes

INGREDIENTS

- 2 lb Ground Lamb or Beef
- 1/2 cup Parsley, chopped
- 1/2 cup Mint Leaves, chopped
- 1 tbsp Oregano (dried or fresh, minced)
- 1/2 tsp Sea Salt
- 2 Lemons, zested

T *Additional Tips*

This is great served with coconut yogurt for dipping, or use the Tzatziki sauce found on the AIC or my main website, Thriving On Paleo with the Gyro wrap sandwiches.

DIRECTIONS

Preheat the oven to 425 F (if cooking now, see note below) and line a baking sheet with parchment paper.

In a large bowl, add the ground lamb or beef, parsley, mint, oregano, sea salt and lemon zest. Mix well using your hands. Roll into balls roughly the size of a golf ball and place on the baking sheet.

*****NOTE:** *You can either freeze them here OR cook them now and then freeze - totally up to you!*

Bake for 15 to 20 minutes.

TO FREEZE:

Either freeze before cooking or after by laying the meatballs flat on a baking sheet or dish and freezing for 4 hours. Remove from the sheet and place in a freezer-safe bag or container.

TO SERVE:

If you froze from raw, either thaw overnight in the fridge or add another 5-10 minutes onto the baking time. Otherwise, if you froze from cooked, reheat in the microwave, oven, or in a pan on the stove.



PORK AND VEGGIE MEATBALLS



YIELDS

8 servings

PREP TIME

15 minutes

COOK TIME

20 minutes

INGREDIENTS

- 2 Apples, cored and grated
- 2 medium Zucchini, grated
- 2 lb Ground Pork
- 2 small Sweet Potatoes, peeled and grated
- 2/3 cup Parsley, finely chopped
- 4 cloves Garlic, minced
- 1 tsp Sea Salt

DIRECTIONS

Preheat the oven to 425 F (if cooking now, see note below) and line a baking sheet with parchment paper. Using a paper towel or a kitchen towel, squeeze as much moisture out of the grated apple and zucchini as possible. Set aside into a large bowl.

To the same bowl, add ground pork, sweet potato, parsley, garlic and sea salt. Mix well. Roll the mixture into 1.5-inch balls. Place the meatballs on the baking sheet.

*****NOTE:** You can either freeze them here OR cook them now and then freeze - totally up to you!

Bake for 15 to 20 minutes.

TO FREEZE:

Either freeze before cooking or after by laying the meatballs flat on a baking sheet or dish and freezing for 4 hours. Remove from the sheet and place in a freezer-safe bag or container.

TO SERVE:

If you froze from raw, either thaw overnight in the fridge or add another 5-10 minutes onto the baking time. Otherwise, if you froze from cooked, reheat in the microwave, oven, or in a pan on the stove.

T *Additional Tips*

What's the difference between cooking now or cooking later? Some people find the cooked then frozen ones to be a bit drier, but if you're using the ground pork as directed, it shouldn't be bad. It's more of an issue with things like ground chicken or turkey - there's not a lot of fat in those and they do tend to dry out a bit more when cooked, then frozen, and then reheated.



GARLICKY BEEF & GREENS

**YIELDS****PREP TIME****COOK TIME**

8 servings

105minutes

20 minutes

INGREDIENTS

- 1/2 cup Coconut Aminos
- 8 cloves Garlic, minced
- 2 tbsp fresh Ginger, grated or minced
- 2 stalks Green Onions, chopped
- 2 lb Ground Beef
- 8 cups Kale, tough stalks removed and finely chopped
- 1/2 tsp Sea Salt

DIRECTIONS

In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.

Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside.

Drain any excess drippings from the pan. To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt. Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes.

Either serve now or freeze for later.

TO FREEZE:

Place into freezer-safe containers or bags and freeze.

TO SERVE:

Thaw in the fridge or reheat from frozen in the microwave, on the stove, or in the oven for a few minutes.

S *Substitutions:*

You can use spinach, chard, or beet greens instead of the kale.



CAULIFLOWER ALFREDO SAUCE

**YIELDS****PREP TIME****COOK TIME**

8 servings

15 minutes

20 minutes

INGREDIENTS

- 1 large head Cauliflower, chopped into florets (or about 4 cups of florets, fresh or frozen)
- 1 tsp Avocado Oil
- 2 small yellow Onions, chopped
- 4 cloves Garlic, minced
- 1/2 cup Nutritional Yeast
- 1 cup Coconut Milk or Tigernut Milk
- 1/4 cup Lemon Juice
- 1 1/2 tsp Sea Salt

DIRECTIONS

Bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft.

In a skillet over medium heat, add the avocado oil and the onion. Cook for 5 to 7 minutes, until cooked through, then lower the heat to low and add the garlic. Cook for 1 to 2 minutes more. Set aside.

In a blender, add the steamed cauliflower, onion, garlic, nutritional yeast, coconut milk, lemon juice and sea salt. Blend on high until smooth and creamy.

TO FREEZE:

Let cool for a few minutes, then spoon into freezer-safe containers or bags. Freeze until needed.

TO SERVE:

Thaw in the fridge or reheat in the microwave or in a pot on the stove.

Serve over top of spaghetti squash, sweet potato or zucchini noodles or roasted veggies.



LEMON COCONUT SNACK BALLS



YIELDS

12 servings



PREP TIME

10 minutes



COOK TIME

N/A

INGREDIENTS

- 1 1/4 cups Unsweetened Shredded Coconut
- 1/2 cup Coconut Butter
- 1 scoop (1.5 tbsp) Collagen Powder
- 2 1/2 tbsp Lemon Juice
- 2 tbsp Maple Syrup
- 1 1/2 tsp Lemon Zest
- 1 tsp Vanilla Powder (optional)
- Pinch Sea Salt

DIRECTIONS

Add the shredded coconut to a food processor and blend until a coarse crumb forms.

Add the remaining ingredients to the shredded coconut in the food processor and blend until a dough forms.

Form into even balls with your hands, roughly 1-inch in diameter.

IF SERVING NOW: Let them set in the fridge for at least an hour before serving.

IF FREEZING: Place the balls in a freezer safe container until needed. When you want to eat them, let sit on the counter for a few minutes before serving.

S *Substitutions:*

Don't have collagen powder? You can use 1.5 tbsp coconut flour instead.

T *Additional Tips:*

Store these balls in the fridge or freezer. They're fine if you need to remove them for a few hours to put in a lunchbox or take to-go, but they will melt if they get too hot.



PUMPKIN ENERGY BALLS



YIELDS

PREP TIME

COOK TIME

12 servings

10 minutes

N/A

INGREDIENTS

- 1/2 cup Coconut Butter (melted)
- 1/2 cup Pureed Pumpkin
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1/4 tsp Mace
- 1 tbsp Maple Syrup
- 1/8 tsp Sea Salt

DIRECTIONS

In a blender or food processor add all ingredients and process until the mixture comes together.

Remove the mixture from the blender or food processor and place in a bowl. Set the bowl in the freezer for 15 to 20 minutes. Once the mixture is set, roll into balls.

IF FREEZING: Place the balls in a freezer safe container until needed. When you want to eat them, let sit on the counter for a few minutes before serving.

T *Additional Tips:*

Store these balls in the fridge or freezer. They're fine if you need to remove them for a few hours to put in a lunchbox or take to-go, but they will melt if they get too hot.



YOGURT COVERED BLUEBERRIES

**YIELDS****PREP TIME****COOK TIME**

4 servings

10 minutes

20 minutes

INGREDIENTS

- 2 cups Blueberries (fresh or frozen, not wild as they're too small)
- 1/4 cup Coconut or Tignut Milk Yogurt
- 1 tbsp Maple Syrup (optional)

DIRECTIONS

In a bowl, combine blueberries and yogurt, and maple syrup (if using) until well coated.

Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.

Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

S *Substitutions:*

Use other berries instead!

If you don't have coconut yogurt you can just use coconut cream as well. You can mix it with a splash of apple cider vinegar to get that tartness of yogurt if desired.

T *Additional Tips:*

You can also make these into bars instead - you'd need more yogurt but you can mix dried fruits, fresh fruit, etc into the yogurt, and then spread out in a freezer-safe 8x8 inch pan. Freeze and then slice and store in the freezer.



COCONUT LEMON TARTS

**YIELDS****PREP TIME****COOK TIME**

10 servings

10 minutes

20 minutes + 4 hours refrigeration

INGREDIENTS

- 1 tbsp Coconut Oil
- 2 cups Unsweetened Shredded Coconut
- 2 cups Pitted Dates
- 1/2 cup Water
- 1/2 oz Gelatin
- 1/4 cup Maple Syrup
- 1 1/2 Lemons, zested and juiced
- 2 cups Coconut Milk

DIRECTIONS

Preheat the oven to 350 F. Grease a muffin tin with coconut oil or fill with liners.

Blend the coconut and dates in a food processor to form a crumbly mixture. Transfer to the muffin tin and use your fingers to form an even crust. Bake for 8 minutes or until slightly toasted. Set aside to cool.

Meanwhile, add the water to a pan and sprinkle the gelatin over top. Let it thicken for about 5 minutes. Heat the gelatin over low heat just until it melts. Remove from heat and stir in the maple syrup, lemon zest, lemon juice and coconut milk.

Fill the crusts with the coconut gelatin mixture and refrigerate for at least 4 hours. Use a knife to loosen the sides and remove the tarts from the tin.

TO FREEZE:

Simply transfer the tarts to a freezer-safe container or bag and freeze.

TO SERVE:

Thaw for a few minutes on the counter (do NOT heat as the filling will melt)

THE LABELS

The following are printable labels to add to your dishes.

Print these out on regular paper and use clear packing tape to stick to the bag or container. You can alternatively print these out on sticker paper and adhere as well (though this doesn't always seem to stick as well once frozen)

AIP Berry Smoothie

USE BY:

Freezable AIP Dishes

Thawed: Thaw in the fridge overnight and it should be ready to drink in the morning. If it gets too melted you can blend with ice cubes to make it frozen again.

To drink the smoothie without thawing, break it up a bit with your hands or a meat tenderizer into pieces and then place in the blender with a cup of water or coconut water and blend until smooth.



AIP Pineapple Turmeric Smoothie

USE BY:

Freezable AIP Dishes

Thawed: Thaw in the fridge overnight and it should be ready to drink in the morning. If it gets too melted you can blend with ice cubes to make it frozen again.

To drink the smoothie without thawing, break it up a bit with your hands or a meat tenderizer into pieces and then place in the blender with a cup of water or coconut water, or milk and blend until smooth.



AIP Slow Cooker Chicken Soup

USE BY:

Freezable AIP Dishes

Thaw in the fridge or reheat from frozen in a pot on the stove or in the microwave.



AIP Cream of Mushroom Soup

USE BY:

Freezable AIP Dishes

Thaw in the fridge or reheat from frozen in a pot on the stove or in the microwave.



AIP Sweet Potato & Turkey Breakfast Patties

USE BY:

Freezable AIP Dishes

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



AIP Slow Cooker Pesto Chicken

USE BY:

Freezable AIP Dishes

Thaw overnight before reheating (if desired) on the stove or in the microwave. Serve over a bed of greens, over spaghetti squash, zucchini or sweet potato noodles, or in a lettuce wrap.



AIP Coconut Shrimp

USE BY:

Freezable AIP Dishes

No need to thaw. Heat a skillet over medium heat and add the coconut oil. Add each shrimp to the pan and cook for 3 to 4 minutes per side, adding an additional minute to each side if cooking from frozen.



AIP Greek Meatballs - NOT COOKED

USE BY:

Freezable AIP Dishes

WARNING - RAW MEAT - MUST BE COOKED!

Thawed: Thaw overnight in the fridge and then bake at 425 F for 15-20 minutes.

From frozen: Bake at 425 F for 20-30 minutes or until cooked through.



AIP Greek Meatballs - Cooked

USE BY:

Freezable AIP Dishes

Reheat in the microwave for 30-seconds to 1 minute, oven for 10-15 minutes, or in a few minutes in a pan on the stove. You don't need to thaw, but if you do, the cooking time may be less.



AIP Pork and Veggie Meatballs - NOT COOKED

USE BY:

Freezable AIP Dishes

WARNING - RAW MEAT - MUST BE COOKED!

Thawed: Thaw overnight in the fridge and then bake at 425 F for 15-20 minutes.

From frozen: Bake at 425 F for 20-30 minutes or until cooked through.



AIP Pork and Veggie Meatballs - Cooked

USE BY:

Freezable AIP Dishes

Reheat in the microwave for 30-seconds to 1 minute, oven for 10-15 minutes, or in a few minutes in a pan on the stove. You don't need to thaw, but if you do, the cooking time may be less.



AIP Garlicky Beef and Greens

USE BY:

Freezable AIP Dishes

Thaw in the fridge or reheat from frozen in the microwave for 2-3 minutes, on the stove for a few minutes, or in the oven for a few minutes. You don't need to thaw, but if you do, the cooking time may be less.



AIP Cauliflower Alfredo Sauce

USE BY:

Freezable AIP Dishes

Thaw in the fridge or reheat in the microwave or in a pot on the stove.
Serve over top of spaghetti squash, sweet potato or zucchini noodles or roasted veggies.



AIP Lemon Coconut Snack Balls

USE BY:

Freezable AIP Dishes

Let sit on the counter for a few minutes to thaw.

Note: They're fine if you need to remove them for a few hours to put in a lunchbox or take to-go, but they will melt if they get too hot.



AIP Pumpkin Energy Balls

USE BY:

Freezable AIP Dishes

Let sit on the counter for a few minutes to thaw.

Note: They're fine if you need to remove them for a few hours to put in a lunchbox or take to-go, but they will melt if they get too hot.



AIP Yogurt Covered Blueberries

USE BY:

Freezable AIP Dishes

Eat directly from the freezer!



AIP Coconut Lemon Tarts

USE BY:

Freezable AIP Dishes

Thaw for a few minutes on the counter (do NOT heat as the filling will melt)



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