

20 PALEO AIP *Sweet Things*



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introduction



“A party without a cake is really just a meeting.” - Julia Child

Julia really knew what she was talking about! I have loved putting together this collection of desserts, snacks, and drinks for you, all with wonderful parties in mind. Each recipe is compliant with the strict elimination phase of the Autoimmune Protocol (AIP).

From richly flavored ice cream to crispy cinnamon cookies, colorful gummies and decadent “chocolate” fudge, there is something to tempt everyone on every occasion!

My hope is that this little book brings you sweet things to brighten your day and create special moments you can share with the ones you love. Bon appétit!

aip pantry for baking

ARROWROOT STARCH: Also known as arrowroot flour, this ingredient has no flavor of its own. It can also be used as a substitute for cornstarch to thicken sauces. When baking, I use arrowroot starch in combination with other flours to lighten the texture of baked goods. My preferred brand is Bob's Red Mill.

BAKING POWDER: Baking powder is used as a leavening agent in baked goods. Unfortunately, most commercial baking powders contain aluminum and/or cornstarch. The best way to avoid these unwanted additives is to *make your own baking powder by mixing 1 teaspoon of cream of tartar with 1/2 teaspoon of baking soda*. Store your homemade baking powder in an airtight container and keep it away from moisture.

CAROB POWDER (TOASTED): Carob is commonly used in AIP baking as a chocolate substitute and doesn't contain any caffeine. Be careful to check labels as commercial carob chips and powders often contain barley and/or dairy ingredients. My preferred brand for carob powder is Chatfield's and I use it frequently in my desserts. Sadly, I have yet to find an AIP compliant brand of carob chips. If you manage to find one, please let me know!

CASSAVA FLOUR: Made from the entire peeled cassava (also known as yuca or manioc) root, and not to be confused with tapioca, which is made from the extracted, bleached starch of the yuca root, cassava flour is a grain-free, nut-free replacement for wheat flour. Cassava brings substance and bulk to AIP baked goods. It tends to give a chewy consistency though, so I never use it alone, but rather in combination with other flours to counteract the elasticity factor. My preferred brand is Otto's Naturals.

COCONUT BUTTER (RAW): Made from puréed coconut flesh, coconut butter is an excellent replacement for traditional nut butters. For the ultimate sweet indulgence, try stuffing a date with coconut butter! I use it sparingly to add a creamy, almost silky consistency to desserts. It is, however, more difficult to handle than coconut cream because of its harder consistency. I prefer Artisana Organics, which is organic and non-GMO.

COCONUT CREAM: Coconut cream is probably the ingredient I like the most in my pantry! You can buy it in either cans or cartons (such as the brand Savoy). Alternately, coconut cream can be scooped off the top of a can of full fat coconut milk, which has been refrigerated for 24 hours (the cream separates from the water at



cold temperatures). Coconut cream has a thick, rich, and creamy consistency and is the magical ingredient with which we create coconut whipped cream!

COCONUT FLAKES (UNSWEETENED): Coconut flakes are made from dehydrated coconut flesh. Always purchase the unsweetened variety as commercial versions contain a lot of added sugar. I love to eat them straight out of the bag as a crunchy snack, but they are also wonderful in desserts. I buy them in bulk at my local health food store.

COCONUT FLOUR: This versatile flour is made from finely ground dried coconut meat. Its rich texture and natural sweetness makes it a great ingredient for baking. Be careful to use it sparingly because coconut flour tends to absorb a lot of liquid due to its high fiber content. Too much coconut flour and your batter or dough will be hard as a rock. My preferred brand is Nutiva, which is organic and non-GMO.

COCONUT MILK: When buying coconut milk, always choose a can and make sure it doesn't contain additives like guar gum or xanthan gum, which can alter gut microbiome. I use coconut milk to create creamy sauces and soups, as a dairy replacement when baking, and in smoothies. My preferred brands are Aroy-D, Savoy, and Natural Value.

COCONUT OIL: Coconut oil is a highly versatile pantry staple. It has a wonderful creamy consistency and is suitable for high temperature cooking and baking. There are several good brands out there, so when making your selection, look for unrefined, cold-pressed virgin coconut oils. Note that coconut oil will stay solid at normal room temperature. My preferred brand is Nutiva, which is organic and non-GMO.

GELATIN POWDER (UNFLAVORED): Unflavored powdered gelatin is a wonderful pantry staple. In addition to its many health benefits (joint care, gut health, hair and nail strength), it can also be used in many recipes. I often use gelatin when preparing treats and desserts. It can be used as a replacement for eggs in cookies and cakes and is the secret ingredient for making gummies and fruit terrines! I would, however, recommend using only porcine gelatin when baking, as bovine gelatin has a stronger taste. I use Great Lakes (the red can) because the animals they use are grass-fed, which is important to me.

HONEY: Honey is a natural sweetener suitable for those following the autoimmune protocol, but use it sparingly as it is pure sugar. It is suitable for baking, sweetening hot and cold drinks, as well as balancing more acidic flavors. Choose raw, local, and organic honey whenever possible.

MAPLE SYRUP: Maple syrup is a natural sweetener with a unique flavor that makes it ideal for baking. Grade B maple syrup is preferable to Grade A as it has a richer, deeper flavor as well as a higher nutrient content. My preferred brand is Now Real Food, as it is organic and non-GMO.

PALM SHORTENING: I use palm shortening in lieu of butter in baked goods. It is solid at room temperature, odorless, and flavorless. I like the Spectrum brand, which is an organic, certified sustainable palm oil. If you can't source palm shortening, try this: combine six parts coconut cream with one part coconut oil and refrigerate. Use wherever palm shortening is called for.

TIGERNUT FLOUR: Tigernut flour is a fine powder made of ground tigernuts. Its light taste and similar consistency to wheat flour make it a wonderful flour replacement. As with whole tigernuts, I prefer Organic Gemini, which is organic and non-GMO.

VANILLA: I use vanilla extract frequently when baking. My preferred brand is Simply Organic. The alcohol present in vanilla extract cooks off at high temperatures, but for those who are concerned about this, or for cold preparations, vanilla powder is a good option. It is pricier than vanilla extract, but as you will only use a small amount with each use, it should last quite a while. Make sure there are no added sugar or fillers. When cooking, you may substitute one half teaspoon vanilla powder for one teaspoon vanilla extract.

equipment

ICE CREAM MAKER: You don't have to spend a lot of money in order to buy a good ice cream maker. Whichever brand you decide to purchase, make sure it has a capacity of at least 1½ quarts. Also, always keep the insulated bowl in the freezer!

HIGH SPEED BLENDER: A good blender can save you a lot of time in the kitchen. They are especially useful when whipping up frothy smoothies, purée fruit, blend sauces, mix batter, and even pâtés! I have been using a variable speed Vitamix® for years and it has been well worth the investment.

IMMERSION BLENDER: Also known as hand mixer, I use the whisk attachment to whip up fluffy coconut whipped cream and the blending arm with a blade to quickly blend ingredients for soups or to prepare gelatin gummies!

SILICON MOLDS: I never used silicon molds before starting the AIP diet, but now they have become an essential part of my kitchen. They are a must when preparing gelatin gummies or fat bombs. You can purchase an amazing array of colors and shapes on Amazon at a low price.

INSTANT POT® PRESSURE COOKER: An Instant Pot® is incredibly handy to have in the kitchen. I am able to cook up an entire meal for my family in less than 30 minutes and there is only one pot to clean afterwards! This versatile tool can be used when baking and preparing desserts as well!

PARCHMENT PAPER: AIP dough can be sticky so I use parchment paper to roll out the dough, to line baking sheets for cookies, or to line a glass dish to make it easier to unmold gelatin gummies and fruit terrines.

DISHES AND PANS: You probably already have these in your kitchen. For this dessert ebook, you will need rectangular glass dishes (9" × 6" & 11" × 8"), loaf pans (8½" × 4½" and 6" × 3½"), and a round cake pan (7" × 2"). If desired, you can always buy aluminum foil forms at your local grocery store.





apple-lavender upside-down cake

PREP TIME: 10 MIN | COOK TIME: 25 MIN | SERVINGS: 6

INGREDIENTS

- 2 cups water
- 4 small Gala apples (about 1½ lbs), peeled and cut into ¼-in slices
- 2 tbsp lemon juice
- ½ tsp dried lavender flowers
- ½ cup tigernut flour
- ⅓ cup cassava flour
- 2 tbsp coconut flour
- ½ tsp baking powder (make it by mixing 2 parts cream of tartar and 1 part baking soda)
- ⅓ tsp fine sea salt
- ⅓ cup palm shortening, melted
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tbsp unflavored gelatin powder

EQUIPMENT

- * *Instant Pot*® pressure cooker, 7 × 2-in round cake pan

1. Add water to the *Instant Pot*® and insert the steaming basket. Line the bottom of the cake pan with parchment paper.
2. In a shallow dish, mix apples, lemon juice, and lavender. Spread apples evenly in the bottom of the cake pan.
3. In a large bowl, mix flours, baking powder, and sea salt.
4. In a separate bowl, mix palm shortening, maple syrup, and vanilla extract.
5. Sprinkle gelatin powder over palm shortening mixture. Whisk until gelatin powder is dissolved, ensuring there are no lumps.
6. Pour liquid mixture over dry ingredients and mix well to form a ball of dough. As the dough will be slightly sticky, transfer it to a piece of parchment paper and flatten with your fingers to form a circle no bigger than the diameter of the cake pan.
7. Cover apples with dough and discard parchment.
8. Cover the cake pan with aluminum foil, tucking it around the rim to create a tight seal.
9. Place the cake pan in the steaming basket. Close and lock the lid. Press **MANUAL** and cook on high pressure for 25 minutes. When time is up, press **CANCEL** and let the pressure release naturally before opening the lid.
10. To serve, invert the cake pan and unmold onto a serving platter. Serve hot or cold with a scoop of vanilla coconut ice cream ([page 13](#))!





crispy cinnamon cookies

PREP TIME: 10 MIN | **COOK TIME:** 12 MIN | **SERVINGS:** 2 DOZEN

INGREDIENTS

- 1 cup tigernut flour
- $\frac{3}{4}$ cup arrowroot flour
- 1 tsp baking powder (*see note*)
- 1 tsp ground cinnamon
- $\frac{1}{4}$ tsp fine sea salt
- $\frac{1}{2}$ cup palm shortening, melted
- $\frac{1}{4}$ cup maple syrup
- 1 tbsp unflavored gelatin powder

NOTE

- * Make your own baking powder by mixing 2 tsp cream of tartar with 1 tsp baking soda.

1. Heat oven to 350° F. Place rack in the top third of the oven. Line a baking sheet with parchment paper.
2. In a large bowl, mix tigernut flour, arrowroot flour, baking powder, cinnamon, and sea salt.
3. In a small dish, mix melted palm shortening and maple syrup. Sprinkle gelatin powder over liquid and whisk until gelatin powder is dissolved, ensuring there are no lumps.
4. Pour liquid mixture over dry ingredients and mix well with a rubber spatula until a smooth dough forms.
5. Scoop out small portions of dough with a tablespoon. Using your hands, roll dough into small balls, then flatten into a cookie shape. Place onto lined baking sheets.
6. Repeat until the baking sheet is full. Cookies will spread a little while baking.
7. Bake until cookies are lightly browned around the edges, about 12 minutes. Transfer cookies to a wire rack and allow to cool.

STORAGE: Store cookies in an airtight container.



no-bake coconut macaroons with “chocolate” ganache

PREP TIME: 20 MIN | COOK TIME: 5 MIN | SERVINGS: 20 MACAROONS

INGREDIENTS

- 1/3 cup coconut cream (*see note*)
- 1 tbsp coconut oil
- 3 tbsp maple syrup
- 2 tbsp vanilla extract
- 1/2 tbsp unflavored gelatin powder
- 2 cups unsweetened shredded coconut

“CHOCOLATE” GANACHE

- 1/3 cup coconut milk
- 2 tbsp maple syrup
- 2 tbsp toasted carob powder

1. In a pan over medium heat, mix coconut cream, coconut oil, maple syrup, and vanilla extract.
2. Remove from heat and sprinkle gelatin powder over coconut mixture. Whisk until gelatin powder is dissolved, ensuring there are no lumps.
3. Add shredded coconut. Mix well.
4. Line a baking sheet with parchment paper. Use a tablespoon to scoop out small portions of coconut mixture to form little mounds. Arrange mounds of coconut on the baking sheet, leaving a 1-in space around each macaroon. Set aside.
5. To prepare the chocolate ganache, mix coconut milk, maple syrup, and carob powder in a saucepan. Heat and stir over medium heat for 5 minutes.
6. Now comes the fun part! Drizzle 1 tbsp of chocolate ganache over each macaroon. Refrigerate for at least 30 minutes before serving.

NOTE: Coconut cream can be scooped off the top of a can of full fat coconut milk, which has been refrigerated for 24 hours. Save the leftover coconut water, if there is any, for a smoothie ([page 26](#)).

STORAGE: Will keep in the refrigerator up to 7 days.





decadent “chocolate” fudge

PREP TIME: 5 MIN | **COOK TIME:** 5 MIN | **SERVINGS:** 10 PIECES

INGREDIENTS

- 8 tbsp coconut butter
- 1 tbsp honey
- 1 tbsp coconut oil
- ¼ cup coconut cream (*see note*)
- 1 tbsp toasted carob powder

EQUIPMENT

- * 6 × 3½-in aluminum loaf pan

1. In a saucepan, mix all ingredients and warm slowly over medium heat, stirring frequently.
2. Pour chocolate mixture into a small loaf pan.
3. Refrigerate for at least 6 hours before cutting into small portions.

NOTE: Coconut cream can be scooped off the top of a can of full fat coconut milk, which has been refrigerated for 24 hours. Save the leftover coconut water, if there is any, for a smoothie ([page 26](#)).

STORAGE: Will keep in the refrigerator up to 5 days.



coconut-carob truffles

PREP TIME: 15 MIN | **COOK TIME:** 2 HRS | **SERVINGS:** 2-3

INGREDIENTS

- 1 (14-oz) can coconut milk
- 3 tbsp honey
- 2 tsp vanilla extract
- 2 tsp + ¼ cup toasted carob powder
- ¾ cup unsweetened shredded coconut

1. In a saucepan, mix coconut milk, honey, and vanilla extract. Bring to a boil then lower heat to medium-low and simmer for 2 hours, stirring occasionally.
2. After 2 hours, the liquid will take on a dark caramel color and become thicker. Turn off heat. Add shredded coconut and 2 tsp carob powder. Mix well.
3. Allow coconut mixture to cool down and refrigerate for at least 2 hours. The paste needs to be cold before you roll it.
4. Fill a small dish with the leftover carob powder.
5. Remove coconut mixture from the refrigerator and scoop out small portions with a teaspoon. Using your hands, roll paste into small balls then roll in carob powder, ensuring truffles are evenly coated.
6. Serve chilled.

STORAGE: Will keep in the refrigerator up to 7 days.



vanilla coconut ice cream

PREP TIME: 5 MIN | **COOK TIME:** 5 MIN | **SERVINGS:** 3½ CUPS

INGREDIENTS

- 2 (14-oz) cans coconut milk
- 4 tbsp maple syrup
- ½ tsp vanilla powder

EQUIPMENT

- * ice cream maker

1. Add all ingredients to a saucepan and warm over medium-low heat for about 5 minutes, stirring regularly, until thoroughly combined.
2. Check sweetness and adjust to taste.
3. Allow liquid to cool completely. (Refrigeration will speed the process.)
4. Pour liquid into the frozen bowl of an ice cream maker and churn, following the manufacturer's instructions.
5. Enjoy immediately as soft serve or freeze at least 1 hour before serving as ice cream.

NOTE: When frozen solid, allow ice cream to soften at room temperature for about 20 minutes before serving.





fruit cups with coconut vanilla ice cream

PREP TIME: 20 MIN | COOK TIME: 15 MIN | SERVINGS: 6

INGREDIENTS

- ½ pineapple
- 1 mango
- 1 (6-oz) pack raspberries
- grated peel of one orange
- grated peel of one lemon
- coconut vanilla ice cream
(page 13)

1. Heat oven to 350° F. Place rack in the middle of the oven.
2. Peel pineapple, remove the core, and dice into ½-in cubes. Peel mango and dice into ½-in pieces as well.
3. In a bowl, mix pineapple, mango, orange peel, and lemon peel.
4. Spread fruit in a large baking dish and bake until fruit are soft, but not mushy, about 15 minutes.
5. Serve fruit salad warm with a generous serving of vanilla coconut ice cream!



rosemary-pear sorbet

PREP TIME: 10 MIN | **COOK TIME:** 10 MIN | **SERVINGS:** 3 CUPS

INGREDIENTS

- 4 medium Bartlett pears
(about 1½ lbs), peeled and diced
- ½ cup water
- ½ tbsp honey
- 1 sprig fresh rosemary (3–4 in)

EQUIPMENT

- * high speed blender, ice cream maker

1. Add all ingredients to a saucepan and bring to a boil over medium-low heat. Cook for about 10 minutes, stirring regularly, until pears are soft.
2. Remove from heat and allow liquid to cool completely. (Refrigeration will speed the process.) Discard sprig of rosemary.
3. Transfer fruit mixture to a high speed blender and mix on high for about 20 seconds.
4. Pour fruit mixture into the frozen bowl of an ice cream maker and churn, following the manufacturer's instructions.
5. Enjoy immediately as soft serve or freeze at least 1 hour before serving as ice cream.

NOTE: When frozen solid, allow ice cream to soften at room temperature for about 20 minutes before serving.





raspberry-coconut candies

PREP TIME: 10 MIN | **COOK TIME:** 5 MIN | **SERVINGS:** 15 PIECES

INGREDIENTS

- 1/3 cup coconut oil
- 1/4 cup coconut butter
- 3 tbsp ground freeze dried raspberries

EQUIPMENT

- * 9 x 4-in flexible silicon mold

1. In a saucepan over medium-low heat, heat coconut oil and coconut butter until melted, about 5 minutes.
2. Stir in raspberry powder, ensuring there are no lumps.
3. Carefully spoon the mixture into the shapes of a silicon mold.
4. Chill in the refrigerator for at least 4 hours before unmolding.

STORAGE: Will keep in the refrigerator up to 7 days.





anti-inflammatory turmeric gummies

PREP TIME: 5 MIN | **COOK TIME:** 5 MIN | **SERVINGS:** N/A

INGREDIENTS

- 2 cups water
- 1 tbsp ground turmeric
- 3 tbsp honey
- 4 tbsp unflavored gelatin powder

EQUIPMENT

- * 9 × 6-in (or 2-qt) glass dish

1. In a saucepan, combine water, turmeric, and honey. Warm on medium-high heat for about 5 minutes, stirring constantly. Check sweetness and adjust to taste.
2. Remove from heat and sprinkle gelatin powder over warm liquid. Whisk until gelatin is dissolved, ensuring there are no lumps.
3. Pour immediately into a glass dish and refrigerate for 3 hours, or until gelatin is firm and you can cut it into small portions with a knife.

STORAGE: Will keep in the refrigerator up to 7 days.



sweet n' sour hibiscus-ginger gummies

PREP TIME: 10 MIN | **COOK TIME:** 2 MIN | **SERVINGS:** 28 GUMMIES

INGREDIENTS

- 1 cup water
- 3 tbsp dried hibiscus flowers
- 1½ tbsp honey
- 1 tsp ginger juice
- 2 tbsp unflavored gelatin powder

EQUIPMENT

- * 9 × 4-in flexible silicon molds

1. In a saucepan, bring water to a boil. Remove from heat and add hibiscus flowers. Cover and steep for 5 minutes.
2. Strain liquid to remove flowers and return liquid to the saucepan. Add honey and ginger juice. Mix well. Sprinkle gelatin powder over liquid and whisk until dissolved, ensuring there are no lumps.
3. Pour liquid immediately into the shapes of the silicon molds.
4. Refrigerate for at least 2 hours until gelatin is firm.
5. To unmold gummies, simply push on the underside of the mold with your fingers and the gummies will pop out!

NOTE: If desired, you can use a parchment lined glass dish instead of silicon molds. Simply cut gummies with a knife after refrigeration.

STORAGE: Will keep in the refrigerator up to 7 days.



pumpkin-pear gummies

PREP TIME: 15 MIN | **COOK TIME:** 10 MIN | **SERVINGS:** 15 PIECES

INGREDIENTS

- 1 lb pears (about 3 medium pears), peeled and diced
- 1 cup water
- $\frac{3}{4}$ cup pumpkin puree
- 1 tbsp honey
- $\frac{1}{2}$ tsp ground cinnamon
- pinch ginger powder
- 3 tbsp unflavored gelatin powder

EQUIPMENT

- * immersion blender or food processor, 11 x 8-in glass dish

1. Place pears in a saucepan with water. Bring to a boil, then reduce heat to medium and simmer until pears are tender, about 10 minutes.
2. Puree pears with an immersion blender (or in a food processor).
3. Add pumpkin puree, honey, cinnamon, and ginger. Mix well.
4. Sprinkle gelatin powder over pear mixture and whisk until gelatin powder is dissolved, ensuring there are no lumps.
5. Immediately transfer to a glass dish and refrigerate for at least 6 hours until gelatin is firm.
6. Cut gummies into squares, circles, or any other fun shape you like!

STORAGE: Will keep in the refrigerator up to 7 days.





hibiscus fruit terrine with berries

PREP TIME: 20 MIN | COOK TIME: N/A | SERVINGS: 8-10

INGREDIENTS

- 1 (6-oz) pack raspberries
- 2 (6-oz) packs blackberries
- 3 cups strawberries, hulled and quartered

LIQUIDS

- 2½ cups water
- 4 tbsp dried hibiscus flowers
- 3 tbsp honey
- 3 tsp ginger juice
- 5 tbsp unflavored gelatin powder

EQUIPMENT

- * 8½ × 4½-in loaf pan

1. Line bottom and sides of a loaf pan with parchment paper, leaving an extra ½ in hanging over the sides for easy lifting at the end.
2. Fill loaf pan with fruit in the following order: raspberries, blackberries, and strawberries. Set aside.
3. In a saucepan, bring water to a boil. Remove from heat and add hibiscus flowers. Cover and steep for 5 minutes.
4. Strain liquid to remove flowers and return liquid to the saucepan. Add honey and ginger juice. Mix well. Sprinkle gelatin powder over liquid and whisk until dissolved, ensuring there are no lumps.
5. Pour liquid over fruit in the loaf pan and refrigerate for at least 6 hours until gelatin is firm.
6. To unmold, gently pull parchment paper up and away from the sides of the pan, then lift up.
7. Serve chilled with a garnish of fresh fruit and mint leaves.



summer fruit gazpacho

PREP TIME: 20 MIN | COOK TIME: N/A | SERVINGS: 6

INGREDIENTS

- ½ medium watermelon
- 2 lbs strawberries

RASPBERRY SAUCE

- 1 (6-oz) pack raspberries
- 1 tbsp lemon juice
- grated peel of one lemon
- 4 tbsp coconut milk
- mint leaves and coconut milk, for garnish

EQUIPMENT

- * immersion blender or food processor

1. Keeping the watermelon rind intact, scoop flesh from the halved melon and transfer to a large bowl. Refrigerate rind until later.
2. Hull and quarter strawberries. Add to watermelon flesh.
3. With an immersion blender (or food processor), mix fruit until you obtain a smooth cream. Refrigerate until thoroughly chilled.
4. To prepare raspberry sauce, mash raspberries with a fork in a bowl. Add lemon juice, lemon peel, and coconut milk. Mix well. Refrigerate.
5. To serve: pour gazpacho into the chilled watermelon rind and bring to the table. For each serving of gazpacho, add 1–2 tbsp of raspberry sauce and garnish with a drizzle of coconut milk and a few mint leaves.

STORAGE: Will keep in the refrigerator up to 5 days.



rhubarb-strawberry compote with fresh mint

PREP TIME: 10 MIN | COOK TIME: 10 MIN | SERVINGS: 4 CUPS

INGREDIENTS

- 2 lbs rhubarb (about large 8 stalks)
- $\frac{1}{3}$ cup water
- 1 lb strawberries
- 3 tbsp honey
- minced fresh mint, for garnish

EQUIPMENT

- * *Instant Pot*® pressure cooker

1. Peel rhubarb stalks with a paring knife, as you would celery, then chop into $\frac{1}{2}$ -in pieces.
2. Add chopped rhubarb and water to the *Instant Pot*®. Close the lid, press **MANUAL**, and set the timer to 10 minutes.
3. Meanwhile, hull and quarter strawberries. Set aside and keep at room temperature.
4. When time is up, allow the pressure to release naturally in the *Instant Pot*® before opening the lid. Add strawberries and honey. Mix well.
5. Close the lid and let strawberries simmer in hot rhubarb until soft, about 20 minutes.
6. Serve hot or cold with a garnish of fresh mint.

STORAGE: Will keep in the refrigerator up to 7 days.



honey-lavender baked apples

PREP TIME: 10 MIN | COOK TIME: 35 MIN | SERVINGS: 5

INGREDIENTS

- 5 medium apples, skin on, halved and cored
- 5 tbsp coconut oil, divided
- 5 tsp honey, divided
 - pinch dried lavender flowers
 - pinch ground cinnamon

1. Heat oven to 400° F. Place rack in the middle of the oven.
2. Spread apples face up in a glass baking dish. Over each ½ apple add ½ tbsp coconut oil, ½ tsp honey, a pinch of dried lavender flowers, and a pinch of cinnamon.
3. Bake until apples are tender, about 35 minutes.
4. Serve warm with a scoop of coconut vanilla ice cream ([page 18](#)).





savory coconut flakes with oregano

PREP TIME: 2 MIN | **COOK TIME:** 8 MIN | **SERVINGS:** 3 CUPS

INGREDIENTS

- 3 cups unsweetened coconut flakes
- 2 tbsp extra virgin olive oil
- 2 tbsp dried oregano
- pinch fine sea salt

1. Heat oven to 350° F. Place rack in the middle of the oven.
2. In a bowl, mix coconut flakes, olive oil, oregano, and a pinch of sea salt.
3. Mix well, ensuring coconut flakes are evenly coated with oil and spices.
4. Spread coconut flakes evenly on a baking sheet and bake in the oven until slightly brown, about 8 minutes. Stir a couple of times during baking.

STORAGE: Will keep up to 2 weeks at room temperature in an airtight container.





vanilla-cinnamon breakfast granola

PREP TIME: 5 MIN | **COOK TIME:** 8 MIN | **SERVINGS:** 3½ CUPS

INGREDIENTS

- 2 cups unsweetened coconut flakes
- 1 cup sliced tigernuts
- ¼ cup coconut oil, melted
- 1 tsp vanilla extract or ½ tsp vanilla powder for strict AIP
- 1 tsp ground cinnamon
- ½ cup chopped dehydrated apples

1. Heat oven to 350° F. Place rack in the top of the oven, about 6 inches below the broiler.
2. In a bowl, mix coconut flakes, sliced tigernuts, coconut oil, vanilla, and cinnamon.
3. Spread coconut mixture evenly on a baking sheet and bake, stirring a couple of times, until coconut flakes are golden, about 10 to 12 minutes.
4. Remove from the oven and add dehydrated apples. Mix well.
5. Allow granola to cool completely before storing in an airtight container.
6. Serve with coconut milk and fresh fruit of choice!

STORAGE: Will keep in an airtight container at room temperature up to 2 weeks.





strawberry-mango smoothie

PREP TIME: 5 MIN | COOK TIME: N/A | SERVINGS: 1

INGREDIENTS

- 1/3 cup canned coconut milk
(see note)
- 1/2 cup frozen mango
- 1 1/2 cup strawberries, stemmed and quartered
- 1/2 cup coconut water
- 1 tbsp unflavored gelatin powder
- 4 ice cubes

EQUIPMENT

- * high speed blender

1. Add all ingredients to a high speed blender and mix on high for 30 seconds.
2. Serve immediately.

NOTE: I prefer to use canned coconut milk as it is thicker and creamier than coconut milk sold in cartons. My favorite brand is Aroy-D.





festive kombucha mocktail

PREP TIME: 5 MIN | COOK TIME: 20 MIN | SERVINGS: N/A

INGREDIENTS

- 2 cups frozen pitted cherries, thawed
- 2 cups raspberries
- ¼ cup water
- 1 tbsp honey
- gingerade kombucha
- fresh rosemary

1. To prepare the syrup, mix cherries, raspberries, water, and honey in a saucepan. Simmer on medium-low heat for 20 minutes, or until fruit syrup thickens. Watch carefully while fruit simmers because if the temperature gets too high, it will overflow!
2. Allow syrup to cool until it is safe to handle. Pour syrup into a high speed blender and mix on high for 20 seconds. Chill in the refrigerator.
3. To assemble the mocktail, add 1 tbsp of chilled fruit syrup, a couple of ice cubes, and ¾ cup kombucha in a tall champagne glass. Finish with a small piece of fresh rosemary.

VARIATION: You may use any flavor of kombucha you like for this mocktail; the possibilities are endless!

STORAGE: The fruit syrup will keep in the refrigerator up to 2 weeks.



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