



Tried and True Anti-inflammatory Recipes

for the Paleo Autoimmune Protocol



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CannyNurse.com

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

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Why Anti-inflammatory?

Research shows (Abbott et al., 2019, Konijeti et al., 2017) that following the anti-inflammatory diet known as the Autoimmune Protocol, or AIP can decrease systemic inflammation. Systemic inflammation (meaning inflammation that is all over the body, not just in a specific site) is a hallmark of many kind of physiological stress and a sign of an overactive immune system. Decreasing this inflammation can reduce pain, improve health, and may even help people to live longer, healthier lives.

A study by Arai and colleagues (2015) found that low inflammation was the factor that predicted what they called “successful ageing” — in other words, people who lived between 100-104 years (centenarians) and (semi-)supercentenarians, who lived longer than 105 years. The researchers concluded that “Together, our results suggest that suppression of inflammation is the most important driver of successful longevity that increases in importance with advancing age” (p. 1550).

Don't be confused by the name — the Autoimmune Protocol is not **only** for autoimmune conditions. Many chronic conditions can be helped by decreasing inflammation. One category that can be greatly helped by an anti-inflammatory diet are Disorders of Gut-Brain Interactions (DGBIs), formerly called Functional Gastrointestinal Disorders (FGIDs), such as IBS/ IBD, cyclic vomiting, dyspepsia (heartburn), GERD/ acid reflux, leaky gut, chronic constipation, etc..

The scientifically-validated Autoimmune Protocol is an excellent dietary approach for people looking to decrease inflammation, reduce disease symptoms and regain their health and vitality. For more details and the full protocol, visit <https://www.thepaleomom.com/start-here/the-autoimmune-protocol/>

References:

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What to Avoid

Source: *The Autoimmune Protocol Ebook* by Sarah Ballantyne, PhD (2019)

If this feels daunting, follow the advice of the protocol's creator/ founder (Dr. Ballantyne) and eliminate as much as possible of the foods below. If there's one or two things in there you just can't imagine living without, keep those and eliminate the rest!

The point is to give your body the best chance to heal, and you DON'T do that by giving up before you start. DO what you can do, and follow your body's inherent wisdom. If 90% of your diet is anti-inflammatory, when it had previously been 50%, that's still a huge difference.

Because let's face it: **'All or nothing' thinking stops you from moving forward.**

Avoid Everything in the Following Categories

- Grains/ pseudograins (e.g. chia), Legumes (beans), Nuts, Seeds (incl. coffee/ chocolate), Dairy, Eggs (most specifically egg whites — egg yolks may be tolerated)
- Processed foods, including but not limited to:
 - Refined/ processed sugars and/or oils
 - Alcohol
 - NSAIDs
 - Zero-calorie (non-nutritive) sweeteners (including stevia, monk fruit, etc.)
 - Chemicals, food additives/ flavourings/ dyes
 - Thickeners, emulsifiers

Avoid Only the Specific Items in This Category

- Vegetables
 - Nightshades (tomatoes, peppers, eggplant, potatoes [sweet potatoes ARE allowed])
- Spices
 - Nut or Seed-based spices (coriander, cumin, nutmeg, etc.)

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What to Eat

Source: *The Autoimmune Protocol Ebook by Sarah Ballantyne, PhD (2019)*

- **Meat** (grass fed, ethically sourced, organic where possible)
 - Beef, Pork, Wild game, Organ meats, Poultry, Fish, Shellfish, Seafood, Edible insects
- **Vegetables**
 - Leafy greens, Sea Vegetables, Alliums (onion family), Mushrooms/ edible fungi, Roots, Tubers, Summer/ Winter Squash, Cruciferous Vegetables
- **Fruit**
 - Apples, Stone fruits, High-fat fruits (avocados, olives, coconuts), Berries, Citrus Fruit, Melons
- **Fermented foods** (if tolerated, check ingredients)
- **Natural Sugars** (occasionally, in moderation)
 - molasses, date sugar, coconut sugar, honey, maple syrup/ sugar, palm sugar, unrefined cane sugar
- **Healthy Fats/ Oils** (cold pressed, unrefined, ethically sourced, organic, grass-fed/ pastured)
 - Avocado oil, Coconut oil, Olive oil, Sustainable Palm, Lard, Tallow (beef fat), Schmaltz (chicken fat), Canned coconut milk (check ingredients — should be full fat, no guar gum)
- **Salt**
 - Celtic sea salt, Himalayan pink rock salt, sea vegetable powder/ salt, sea gris, truffle salt
- **Herbs & Allowed Spices**
 - Green herbs, Chamomile, Cinnamon/ Cassia, Garlic, Ginger, Horseradish root (check ingredients if processed), Lavender, Mace, Lemongrass, Saffron, Turmeric, Vanilla bean
- **Drinks**
 - Water, Sparkling water (with no chemical flavors/ sweeteners), Tea (herbal, black, green, rooibos, white), Coconut water, Coconut milk (without guar gum or other added ingredients), Kombucha, Lemon/lime juice, Vegetable juices/ smoothies
- **Baking Supplies**
 - Cassava flour, Coconut flour, Tapioca, Arrowroot, Baking soda, AIP-compliant baking powder (see recipe earlier in this pdf), Creme of Tartar, Gelatin (grass-fed, organic)
- **Vinegars**
 - Apple cider vinegar, Balsamic vinegar, Red wine vinegar, Coconut aminos, Fish sauce

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Herb/ Spice Blends for Inspiration

These aren't the exact seasoning blends used in the cuisines mentioned below, rather they are AIP-inspired variations. Knowing which herbs to put together makes it easier to quickly change the flavour profiles and make the same basic meals (i.e. roast chicken thighs & sweet potatoes) seem different. I love to make up batches of seasonings when I have time to do it, so meal prep is quick and easy. I then label any additional ingredients to be added at the time of use (like maple syrup for the sausages).

A note on salt: I did not include salt in any of the recipes below, because I like a bit more control over when I'm salting foods, but you can (of course) mix up a blend of seasonings and add salt for a ready-to-go quick seasoning mix.



- French — Herbs de Provence

- marjoram (or oregano), thyme, parsley, rosemary, tarragon, savoury, lavender, basil, sage

- Mediterranean

- basil, marjoram, oregano, rosemary, thyme, garlic, onion

- Mexican

- cilantro (aka coriander leaf — not the seeds), garlic, onion

- Middle Eastern (Za'atar)

- thyme, oregano, sumac*
- *Note: if you're not making this in advance as a dry mix, consider adding the sumac just before serving, rather than during cooking*

- Thai

- basil (Thai basil, if possible), garlic, ginger, kaffir lime leaves, lemongrass, onion, fish sauce
- If using dried herbs to make a Thai curry paste, rehydrate dried herbs for 10-15 minutes in warm water first.

- Pumpkin Pie Spice

- Combine the following dried/ ground spices: 2 Tbsp Ceylon cinnamon, 2 tsp ginger, 1.5 tsp mace, 1 tsp clove

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Egg Substitutes & How to Make a Gelatin “Egg”

Once you’ve reintroduced eggs — assuming they work for you — using eggs in your cooking makes a big difference. Some people can tolerate yolks but not whites, or duck eggs, but not chicken eggs. If you can’t use ANY eggs, the best AIP option is a gelatin “egg” (since the seeds, legumes, and cornstarch that’s in most egg substitutes are not AIP-compliant).

There are a few ways to make these, but this is the way I found easiest.

Ingredients

- 2 Tbsp grass fed gelatin
 - 2 Tbsp lukewarm water
 - 1/4 cup just boiled water
-

Directions

1. Whisk 2 Tbsp gelatin into 2 Tbsp lukewarm water.
2. Whisk in 1/4 cup water that has just been boiled.
3. Use in place of egg in recipes.

Tips & Variations

- If you tolerate egg yolks but not egg whites, you can substitute 2 egg yolks instead of a whole egg in most recipes.

Cassava Flour Substitutes

If you can’t get or don’t tolerate cassava flour, you can substitute a 1:1 mix of coconut flour and tapioca starch or arrowroot starch. However, in cases of allergy, please understand that both cassava and tapioca come from the same root (tapioca is cassava flour minus the fibre).

- For 1 cup cassava flour, sub 1/2 cup coconut flour + 1/2 cup tapioca starch, OR
- For 1 cup cassava flour, sub 1/2 cup coconut flour + 1/2 cup arrowroot starch.

I haven’t tried the following (they’re not easily available where I live), but you could also try substituting sweet potato flour, plantain flour or other AIP-compliant flours. Just look online first to see how they might act in the recipe. For example, coconut flour is VERY dry (and absorbent), so you need more moisture in coconut flour recipes than you would in a recipe using wheat or almond flour (neither of which are AIP-compliant, but just as examples...).

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AIP-Compliant Baking Powder Recipe

Baking powder frequently has non-AIP ingredients in it such as cornstarch or potato starch. You can keep the ingredients on hand to make it as needed, or mix up some of your own AIP-complaint baking powder.

You can mix this up in advance (if you bake a lot), or just keep the separate ingredients on hand, and use this formula:

For 1 tsp of baking powder, substitute: 1/2 tsp cream of tartar + 1 tsp baking soda

Ingredients

- 2 part cream of tartar
- 1 part baking soda
- 1 part tapioca or arrowroot starch (optional — this makes it less clumpy when you store it)

Directions

1. Mix ingredients together. Store in airtight container.

Avoiding Cornstarch: Using Arrowroot vs. Using Tapioca

This chart will tell you in which situations to use arrowroot and which to use tapioca starch.

Situation	Arrowroot	Tapioca
Are you going to freeze it?	✓	x
Need it to bind (hold together) a recipe?	x	✓
Need it to withstand long cooking times?	x	✓
Using it to thicken acidic liquids?	✓	x
Using it to thicken a sauce containing dairy (after successful reintroduction)?	x	✓
Baked goods (note: tapioca will be denser/ chewier/ more moist than arrowroot)	✓	✓

For more info, visit: <https://www.spiceography.com/arrowroot-vs-tapioca-starch/>

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Temperature Conversion Chart (UK to US)

To make it a little easier to convert our American recipes to British oven temperatures, here's a handy chart. As you can see, the conversions aren't exact, but are close enough (since ovens are not usually that exact anyway). Our recommendation is to calibrate your oven with a good quality oven thermometer, since oven quality & other factors can impact the actual baking temperatures.

Temp Celsius	Temp Farenhait	Exact Conversion
90°C	200°F	200F = 93C
110°C	225°F	225F = 107C
120°C	250°F	250F = 121C
135°C	275°F	275F = 135C
150°C	300°F	300F = 149C
160°C	325°F	325F = 163C
180°C	350°F	350F = 177C
190°C	375°F	375F = 191C
205°C	400°F	400F = 204C
220°C	425°F	425F = 218C
230°C	450°F	450F = 232C
250°C	475°F	475F = 246C
260°C	500°F	500F = 260C

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Converting Baking Recipes for Different Sized Pans

This is quoted directly from the article “How to Make Any Baking Recipe Fit Any Cake Pan Size” by Alice Medrich, as found on <https://food52.com/blog/13239-how-to-make-your-baking-recipe-fit-your-pan-size> on 8 February, 2021.

“The handy list below (or some basic math, also explained below) will tell you the surface area of your pan. Once you know the area of any pan, you can compare it to the area of another pan to see how much bigger or smaller it is. **You can divide the area of a large pan by the area of a small pan to figure out how many times to multiply a recipe to fill the larger pan with the same depth of batter** (more on that later).”

Handy list (with the numbers rounded up to the nearest inch):

Area of square/rectangle pans:

- 6 x 6 = 36 square inches
- 7 x 7 = 49 square inches
- 8 x 8 = 64 square inches
- 9 x 9 = 81 square inches
- 9 x 13 = 117 square inches
- 12 x 16 (half-sheet pan) = 192 square inches

Area of round pans:

- 5 inch = 20 square inches
- 6 inch = 29 square inches
- 7 inch = 39 square inches
- 8 inch = 50 square inches
- 9 inch = 64 square inches
- 10 inch = 79 square inches
- 12 inch = 113 square inches

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Reintroducing Dis-allowed (non-AIP) Foods

There is a **specific process for reintroducing foods** that are not allowed in the Autoimmune Protocol (AIP). When I first did AIP, I was super-excited to start reintroducing the foods I missed. I did my 3 weeks of strict AIP, then started reintroducing foods every few days, per the protocol outlined in Dr. Sarah Ballantyne's book, *The Autoimmune Protocol* (see "Helpful Books and Websites" for more details) and with the assistance of a certified AIP coach.

When you decide to reintroduce the foods you miss, I suggest you work with a certified AIP coach, a CannyNurse® who has experience in elimination diets, and/or read *The Autoimmune Protocol* for details on how to do your reintroductions. It is a critically important part of the process —reintroducing foods the RIGHT way so you can minimise any discomfort that may accompany those reintroductions.

Often, when people reintroduce inflammatory foods, they find their body **objects** to foods that they were happily eating before. This can cause the incorrect impression that doing an elimination diet CAUSED them to react badly to certain foods or spices. This is not the case.

When you habitually eat foods your system doesn't tolerate, your body becomes somewhat "numb" to these things. Instead of reacting immediately to these foods, your body develops general symptoms such as inflammation, chronic digestive distress (constipation, diarrhoea, excessive flatulence, or a combination), increased pain levels, etc.. **The reality is that your body is just too stressed to respond to everything it considers a threat** (e.g. food intolerances).

When the body has had time to recalibrate itself, start healing, and reduce the chronic issues caused by eating foods it doesn't tolerate (often things like gluten and dairy), it will start to react more quickly, which gives you the opportunity to carefully observe how you respond to certain foods. **The AIP eliminates substances that statistically cause the most problems, so chances are, you will be able to reintroduce most of the items you've eliminated.**

All that said... my person experience is that an anti-inflammatory diet is a good **lifestyle** tool for helping the body recover from chronic illness, pain, and a generally toxic food system in the Western world. For that reason, this cookbook focuses on healthy meals and recipes that are tasty enough to be incorporated into your lifestyle on a long-term basis.

As a nurse who has worked in holistic health and healing for over 2 decades, and who has studied nutrition for years in multiple formal settings (degrees/certifications) as well as through continued reading of scientific, peer-reviewed studies, I still needed help reintroducing foods I eliminated the first time I went on AIP. Working with a qualified coach provides you insights and reflections that are hard to get to on your own.

It is for that reason (along with my belief that this is a healing, long-term, nutrient-rich, lifestyle nutrition approach), I am not addressing the reintroduction protocol in this book. There are lots of resources online, and I've listed my favourites in the next section, but nothing beats an experienced nurse coach you can talk to about your own health and healing.

That said, there are 2 items for which I've included reintroduction recipes: egg (because it makes baking SO much easier), and coffee (because it's the best almost-AIP ice cream recipe I have, and some people just don't like fruit desserts... which account for most AIP desserts).

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Helpful Books & Websites (Beyond [CannyNurse.com](https://cannynurse.com) 🤗)

These are websites I've found useful, so I hope they'll help and inspire you too! The first site is my absolutely favourite site for all sorts of well-researched nutritional information. Her book (The Autoimmune Protocol) is incredibly helpful and contains lots of detailed information, helpful guides, and recipes. (I'll admit, they're not my favourite recipes, but she is a pioneer, so they're not bad for being first out of the gate. And her recipe for homemade sweet potato chips is pretty awesome!)

- [ThePaleoMom.com](https://thepaleomom.com)
 - MY GO-TO SOURCE: Dr. Sarah Ballantyne is the original scientist/ researcher who created the anti-inflammatory eating plan known as AIP or the Autoimmune Protocol.
 - [ThePaleoMom.com/books/the-autoimmune-protocol/](https://thepaleomom.com/books/the-autoimmune-protocol/)
 - [ThePaleoMom.com/start-here/the-autoimmune-protocol/](https://thepaleomom.com/start-here/the-autoimmune-protocol/)

Print Books (available on Amazon)

- *The Autoimmune Protocol Made Simple Cookbook: Start Healing Your Body and Reversing Chronic Illness Today with 100 Delicious Recipes* by Sophie Van Tiggelen
- *My Paleo AIP Indian Adventure: 60+ allergen friendly Indian recipes, so you can enjoy Indian food again!* by Mrs Bethany Tapp Darwin

Websites

- [AutoimmuneWellness.com/recipes/](https://autoimmunewellness.com/recipes/)
- [HealingAutoimmune.com/aip-recipes](https://healingautoimmune.com/aip-recipes)

A Note on Cannabis Therapeutics and the AIP

As the original CannyNurse®, I believe cannabis-based medicines are a wonderful addition to the AIP. They are incredibly anti-inflammatory: CBD is hundreds of times more anti-inflammatory than aspirin, and THC is 20x more anti-inflammatory than aspirin and twice as anti-inflammatory as hydrocortisone.¹

Just be prepared with AIP-compliant foods to eat in case THC gives you the munchies! (See "What to Eat Meal by Meal" for anti-inflammatory snack ideas.)

¹ Baron, E. P., Lucas, P., Eades, J., & Hogue, O. (2018). Patterns of medicinal cannabis use, strain analysis, and substitution effect among patients with migraine, headache, arthritis, and chronic pain in a medicinal cannabis cohort. *The Journal of Headache and Pain*, 19(1), [https:// doi.org/10.1186/s10194-018-0862-2](https://doi.org/10.1186/s10194-018-0862-2)

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Sample Meal Plan

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Planning Your AIP Meals

This section will give you ideas of what to eat when you're feeling stuck, unsure of what to eat, or in a rut. In the beginning, you may find it easier to alternate between 2-4 standard items for breakfast, lunch, and snacks. For example, one pot of soup made over the weekend can be easily paired with leftover protein and veggies for lunch. With a little advance preparation of your veggies, salads can be quickly assembled during the week and topped with leftover proteins or AIP-compliant deli meats (e.g. roast beef, roasted turkey, etc. — check ingredients).

Standardising 2 out of your 3 daily meals (in advance) can make it *so much easier* to get through the introductory phase. It is exhausting to change everything you're eating at once, so finding a few easy-to-make meals you really enjoy will make it a lot easier to get through the initial transition to an anti-inflammatory eating plan.

Time-saving Tips

- **Each week, try to prep at least one big meal that can be used throughout the week.** For example, braised pork shoulder can become pulled pork, which can be served (again) in lettuce boats, over salads, paired with different sides, etc..
- Make larger meals than you need so you can have **leftovers** for breakfasts and lunches.
- To save time (especially in the beginning), **it may be easiest when several of your meals are the same for a week.** When I go into the elimination phase, I often eat the same breakfast and/or lunch all week because it's easy, convenient, and I only have to think about it once. It can be exhausting to have to come up with something new (that's AIP-compliant) for every meal, and the prep work can feel extensive if you're not used to preparing all your meals at home.
- Speaking of prep work, if you can **prep your veggies in advance** (such as upon returning home from the grocery store), it will make it much easier to throw together a quick salad or add additional vegetables into your cooking.

Weekly Advance Preparation

Preparing these items in advance will make your life a lot easier during the transition phase.

All Weeks: Salad veggies (clean, chop, dice, etc.)

Week 1: Maple Breakfast Sausages (double batch), Homemade applesauce, Cherry balsamic dressing, Salad dressing(s) of choice (enough to last 2 weeks)

Week 2: Sweet Potato and Sausage Hash, Applesauce Muffins, Turkey Burgers or Meatballs, Simple Broccoli Soup

Week 3: Butternut & Apple AIPorridge, Leek & Cauliflower Soup, Salad dressing(s) of choice

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

What to Eat Meal by Meal

Breakfast Ideas:

- Leftovers from a previous meal
 - Fruit Salad + leftover protein (or AIP-compliant deli meat)
 - Fruit and AIP-compliant coconut yogurt parfait (check yogurt ingredients)
 - Butternut Apple AIPorridge
 - Maple Breakfast Sausage + sautéed greens (or other sautéed veggies)
 - Sweet Potato Sausage Hash
 - Applesauce muffins + smoothie (easy to grab and go!)
-

Lunch Ideas

- Leftovers from a previous meal
 - Salad + protein (vary your salads with different veggies, fruit, and AIP-compliant dressings)
 - Baked sweet potato with side salad
 - Lettuce boats
-

Snack Ideas

- Leftovers from a previous meal
 - Fresh fruit or veggies (prepare in advance, as needed)
 - AIP-compliant deli meat
 - Maple Breakfast Sausages
 - Turkey Meatballs
 - Smoothies
 - Homemade applesauce
 - AIP-compliant packaged snacks (sweet potato/ plantain chips made with avocado oil, dried fruit snacks, packaged applesauce, etc.; may be hard to find, but useful for travel)
-

Dinner Ideas

This is where you'll get creative so you feel like you have more variety in your diet. Here's a sample of 4 weeks' dinners to inspire you.

Note: The goal is for roughly 2/3 of your plate to be vegetables and the other 1/3 protein, but when you're trying a lot of new recipes or cooking differently than you're used to, it's time-consuming to make a bunch of new things. So, instead of making 2-3 types of vegetables (meat + 2 veg) while you're getting accustomed to eating this way, start by either (1) making larger portions of the one new vegetable side dish or (2) including a soup or salad (prepped in advance over the weekend) to increase the amount of vegetables on your plate.

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All Recipes are Gluten, Grain, Legume, and Dairy Free

3 Weeks of Evening Meals

Time saving-tip: You may not be interested in all the meals listed here — that's okay! If you make extra of 1 or 2 things you know you'll like, you can probably skip cooking dinner 1-2 times per week, and have leftovers the nights you don't feel like cooking.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hearty Chicken Stew Super-easy Berry Buckle (cake)	David's Manly Meatloaf Best Caramelised Onions Garlic Cauliflower purée	Grilled (or baked) Salmon Grilled veggies of choice	Salisbury Steak with Brown Gravy Parsnip (or Carrot) purée Roasted Brussels Sprouts	Roasted Chicken thighs Salad with leftover grilled veggies	Stir fry: Shrimp & Veggies Cauliflower Rice	Low & Slow Pulled Pork David's Famous Sweet Potato Fries Honey Vinegar Cole Slaw
Chicken & Dumplings Maple Coconut Magic Cookies	Stir Fry: Beef & leftover veggies Cauliflower Rice	Roasted Chicken thighs Roasted root veggies Garlic Roasted Broccoli	Stir fry: Scallops and bok choy AIP Champ or Colcannon (<i>match seasonings to your stir fry</i>)	Grilled (or pan fried) Chicken breasts Grilled Sweet Potatoes Homemade Applesauce	Grilled pork chops Onions and Apples (& Cabbage)	Medium Rare Roast Beef Garlic Cauliflower Purée Best Caramelized Onions
Spatchcocked Chicken & Rutabagas (or Turnips) Paleo Dressing (Stuffing) Cranberry Sauce Piña Colada Banana Split Ice Cream	Baked Salmon, Shrimp, & Asparagus (or Brussels Sprouts) Garlic Cauliflower purée	Turkey Burgers Carrot Ginger Dressing Roasted Brussels Sprouts	Pan-seared Duck Breast (prep these the night before or in the morning) Easy Roasted Butternut Squash Roasted Plums	Grilled Steak & Sweet Potatoes Honey Bacon Sautéed Greens (or just sauté greens in leftover duck fat from last night's dinner)	Crispy Baked Chicken Wings David's Famous Carrot Fries Honey Vinegar Cole Slaw	AIPaella Watermelon Mint Granita

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Shopping List, Week by Week

This shopping list includes what you'll need for the sample menu plus the items listed in the "Weekly Advance Preparation" section. Just remember to add in any extra ingredients for the salad dressing of your choice.

Pantry Staples:

- Baking
 - Arrowroot starch, baking powder, cassava flour, creme of tartar, tapioca starch
- Oils/ Vinegars/ Sauces
 - Avocado oil, coconut oil, extra virgin olive oil
 - Apple cider vinegar, balsamic vinegar, coconut aminos, fish sauce
- Other
 - AIP-compliant herbs and spices, sea salt/ Himalayan pink salt, ground vanilla beans
 - Coconut (or date) sugar, honey, maple syrup

Week 1

Protein	Vegetables	Fruit	Other
1 whole chicken 3 lb ground pork 3 lbs ground beef salmon fillets chicken thighs (w/ skin if possible) Shrimp (for stir fry) Pork shoulder (Boston Butt) AIP-compliant bacon AIP-compliant deli meat to snack on	7 med sweet potatoes 2 carrots 2 stalks celery 6 yellow onions 2 heads cauliflower (fresh or frozen) 1 lb parsnips 1 pound Brussels sprouts 1 head green cabbage 2-4 red radishes 1/2 lb mushrooms Veggies to grill Veggies for stir fry (w/ shrimp) Veggies to snack on	Frozen pitted cherries (for cherry balsamic dressing) 1/2-1 lb berries for buckle (cake) 1-2 lbs apples for homemade applesauce Fruit to snack on	Beef broth (check ingredients) fresh garlic fresh ginger AIP-compliant BBQ-style sauce (KC Naturals) Unbleached parchment paper (if making tortillas)

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Week 2

Protein	Vegetables	Fruit	Other
2 lbs ground turkey Beef for stir fry Chicken thighs Scallops (for stir fry w/ bok choi) Chicken breasts Pork chops 3 lb beef roast 1 lb ground pork AIP-compliant bacon AIP-compliant deli meat to snack on	2 heads broccoli cabbage (unless you have 1/2 head leftover from last week) 4 carrots 2 heads bok choi 9 yellow onions 1 head cauliflower 2 giant sweet potatoes Root veggies to bake Veggies to grill Veggies for salads Veggies for stir fry (w/ beef) Veggies to snack on	1/2 cups applesauce (or enough additional apples to make homemade applesauce) 2 apples Fruit to snack on	2.5 cups shredded coconut 2/3 maple sugar (granulated) fresh garlic fresh ginger

Week 3

Protein	Vegetables	Fruit	Other
1 whole chicken 2 lbs salmon fillets 1.5 lb raw shrimp 1.5 lb ground pork 1/2 lb chicken thighs (boneless) Duck breasts 2 lbs ground turkey Steak Chicken wings AIP-compliant bacon AIP-compliant deli meat to snack on	4 yellow onions 1 lemon 1 pound asparagus or Brussels sprouts 5 stalks celery 1 sweet potato 3 heads cauliflower 2 butternut squash 1 zucchini (courgette) Sweet potatoes (to grill) 4 leeks 1 carrot 2 turnips or rutabagas Veggies for salads Veggies for stir fry (w/ shrimp) Veggies to snack on	4 lbs cranberries (IF you want to make a mega-batch, otherwise decrease recipe) 1/2 cup pineapple chunks (fresh) 2 bananas 1 lime 3 pink lady apples 5 granny smith apples 1 additional apple pineapple juice (1 cup) Plums Fruit to snack on	turkey or chicken broth 1 can coconut milk additional supplies (if any) for salad dressings

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Part 3. Breakfast Recipes

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Fresh Fruit Salad

Super simple: Cut fruit, mix together and serve. ;-)

HOWEVER...

- **Cut apples and bananas** will start to brown when they are cut, so cut them and place in a bowl of very cold water with a few teaspoons of lemon, lime, or orange juice until ready to use them. Strain them (or pull them out with a slotted spoon) and add to fruit salad. Or squeeze citrus juice directly on the fruit salad and stir so all fruit is very lightly coated (not as effective, but still works).
- **Berries** often dye any neighbouring fruit whatever colours they are, so store separately and assemble shortly before serving.

Fresh Fruit & Coconut Yogurt Parfait

For this recipe, you have to find an AIP-compliant yogurt, so prepare to read the labels. Look for plain coconut yogurt without added gums, thickeners, sweeteners, etc.. Alternatively, you can make your own, gut-friendly and anti-inflammatory “Fauxgurt” (my little pun here) following the recipe on the next page!

Layer the following items (in order):

- Plain coconut yogurt
- Drizzle of honey
- Fresh Blueberries (or other available fruit)
- Plain yogurt
- Drizzle of honey
- Fresh Strawberries (or other available fruit)
- Plain yogurt
- Drizzle of honey
- Fresh Bananas (or other available fruit)
- Top with or 1 or 2 berries (to make it even more visually appealing)



Note: You can use maple syrup instead of honey to make it vegan. Apples/ melons are not recommended.

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Strawberry Banana Fauxgurt

You can see this setting in my fridge next to my Quick Bread & Butter Pickles and Home-Cured Maple Bacon. What a great food week that was! One batch makes eight 4-oz (1/2 cup) servings.

Ingredients

- 1 can coconut milk (full fat, no guar)
- 1 Tbsp unsweetened gelatin powder (preferably grass-fed)
- 450g (1 pound) of fruit: in this case, a mix of banana and strawberries (we like 2/3 strawberries and 1/3 bananas)
- 6 Tbsp amber maple syrup (or to taste)
- pinch sea salt
- powdered probiotics (1 serving of probiotics for each portion)



Directions

1. In the blender, blend together coconut milk, fruit, maple syrup, and salt until smooth. Add the gelatin, blend briefly, and set aside for 4-5 minutes for the gelatin to bloom (hydrate).
2. Pour fruit and coconut mixture into a sauce pan and cook over medium low heat until liquid is warm, but not hot (since we're adding probiotics, we want the liquid just warm enough to melt the gelatin). The gelatin crystals will dissolve and the liquid will look slightly more glossy when it's done. *Note: I normally do this by look/ feel, but out of curiosity, I measured the temperature when the gelatin was dissolved on mine, and it was 31°C (88°F).*
3. Pour the entire mixture back into the blender and add the probiotics. Blend briefly to combine, and pour into individual-sized containers.
4. Chill in the refrigerator until firm (2-3 hours).

Tips & Variations

- Just like in Jr. Chef's Instant Strawberry Mint Ice Cream at the end of the book, 1/4 cup of fresh mint leaves with a pound of strawberries (no banana) is delightful!
- You can also change out the fruit to make different flavours. I made Banana Fauxgurt by omitting the strawberries and adding 1 tsp vanilla extract (because anyone who's lived in the south likes a banana pudding now and then). It was **ugly** and grey, but it tasted good!
- Some fruit may not work as well as others. According to Cooking Light.com², "Fresh kiwi, pineapple, figs, and papaya have an enzyme that prevents gelling, but pasteurization or boiling the fruit solves the problem."

² <https://www.cookinglight.com/cooking-101/techniques/gelatin-uses?slide=215471#215471>

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Butternut Apple AI Porridge

This is a great way to get more vegetables into your morning routine, but also works as a side dish for lunch or dinner. You can make it savoury by skipping the maple syrup and using avocado oil instead of the coconut oil.

Serves 4-6 as a main dish, and 8 or more as a side dish (depending on size of your squash).



Ingredients

- Coconut oil for the pan (plus extra if desired)
- 5 granny smith apples, peeled, cored and grated (food processor works nicely for this)
- 1 zucchini, grated (again, the food processor does this nicely)
- 2 butternut squash, roasted* and scooped out of the skin
- 1 cup shredded (desiccated) unsweetened dried coconut
- Maple syrup to taste
- Spices to taste:

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- Turmeric
 - Ginger
 - Sea salt/ Himalayan pink salt

 - Optional Toppings:
 - dried fruit (dates, cranberries, raisins, cherries, etc.. IMPORTANT: make sure these are not sweetened or coated in seed oils — sunflower oil, etc.)
 - shredded unsweetened coconut
 - AIP-compliant bacon pieces
-

Directions

1. Put coconut oil in a medium to large pot and cook the grated apples and zucchini until they get soft and mushy.
2. Add butternut squash, and cook, stirring frequently, over medium heat until well-combined. Add shredded coconut, stir to combine.
3. Add maple syrup, and any additional coconut oil, to taste. Continue stirring, and add turmeric, ginger, and sea salt, to taste.
4. Serve warm, with or without toppings.

*To easily roast butternut squash, cut in in half lengthwise, scoop out the seeds/ stringy bits, and place in a baking dish, flesh sides up. Brush the top of each half with coconut or avocado oil and add a sprinkle of salt. Turn the halves upside down and bake at 375°F (190°C) for 45-50 minutes until the flesh is soft and tender. (You can also steam a butternut squash half in the microwave — just put it in a microwaveable dish with a little water in the bottom to steam it.) Let it cool and scoop out the soft flesh of the squash.

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Maple Breakfast Sausage

These little sausage patties are awesome. They make a good breakfast as well as an easy snack when you need something more substantial than a piece of fruit or veg. I like to make them in big batches and then freeze them.

Serves 4.

Ingredients

- 1 pound ground pork
- 1 onion
- 1 Tbsp dried sage
- 2 tsp garlic powder
- 2 tsp onion powder
- 1.5 tsp Sea salt
- 1/4 cup Maple syrup (optional, to taste)
- 1 tsp powdered ginger (optional)



Directions

1. Dice onions (very fine).
2. Sauté onions in coconut oil until translucent. Add sage, garlic, onion, sea salt, & maple syrup. Cook until fragrant.
3. In separate bowl, add spiced onions to ground pork & mix thoroughly.
4. Form into 8 even sized spheres and smash to your heart's content. Fry up in pan.
5. Alternatively: bake at 205°C (400°F) convection bake for 15-20 minutes.
6. Enjoy!

Tips & Variations

- For loose sausage (to use in other recipes, on baked sweet potatoes, or just to eat with a fork), add the pork directly to the onions in step 1 and don't shape meat into patties.
- Adding ginger balances the maple so it's slightly less sweet (but more complex), so for more maple sweetness, omit ginger.
- For convenience, consider making up a few batches of the dry spice mix. Place a note on the container reminding you to add the maple syrup. Then, you can easily add it to ground pork for a speedy breakfast.



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Sweet Potato & Sausage Hash

Serves 4-6 (depending on the size of your sweet potatoes and your appetites).

Ingredients

- 1/4 cup coconut oil (or as needed)
 - 2 giant sweet potatoes
 - 2 onions
 - 1 pound ground pork
 - 2 tsp dried sage
 - 2 tsp garlic powder
 - 2 tsp onion powder
 - Sea salt to taste
 - 1/4 cup Maple syrup (optional, to taste)
-

Directions

1. Shred sweet potato in food processor (or using box grater). Dice onions.
2. Sauté sweet potato shreds and diced onions in coconut oil (use as much as needed for the pan).
3. Add ground pork to veggie mixture and continue to cook.
4. Add spices and maple syrup (optional, to taste) and cook until finished.
5. Enjoy!

Tips & Variations

- If you've already made the Maple Breakfast Sausage recipe, you can use that (don't form into patties) in step 3.

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Applesauce Muffins

When I first started on AIP these muffins and the maple breakfast sausage were my go-to items for breakfasts and snacks. Because, let's face it — nothing beats a muffin for breakfast on the go. Makes 12 regular muffins (use a normal muffin tin, just be aware they won't rise much).



Ingredients

- 1/2 cup (88g) coconut oil, melted
- 3/4 cup (111g) maple (or date or coconut) sugar
- 1.5 cups applesauce (could substitute mashed banana, avocado, or a combo)
- 3/4 tsp cream of tartar
- 3/8 tsp baking soda
- pinch salt
- 1 tsp vanilla extract
- 1 cup (101g) cassava flour

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- 1/4 cup (44g) coconut flour (can use all cassava, but it's gummier that way)
 - 1.5 cups grated carrots (or mix-in of choice)
 - Optional mix-ins: apple pieces, banana chunks, blueberries, finely chopped dried apricots, etc.
-

Directions

1. Preheat oven to 180°C (350°F).
2. Beat coconut oil with maple sugar until fully combined.
3. Add applesauce, baking powder, baking soda, salt, and vanilla; combine.
4. Beat in flour a little at a time (so it doesn't send dust flying everywhere 😊) until fully combined.
5. Scoop evenly into coconut-oil greased muffin tin.
6. Bake at 180°C (350°F) for 25 minutes.
7. Cool in muffin tin for 5 min before placing on racks to finish cooling.
8. Store at room temp or freeze and reheat as desired.

Tips & Variations

- Baking with cassava flour often yields a gummy result. That said, I'll take a gummy muffin over a dry, crumbling one any day! If cassava isn't for you, you could try making them with 70g coconut flour + 75g tapioca (or arrowroot) starch.

Banana Bread Muffins

Ingredients

- | | |
|--|-------------------------------|
| • 1/2 cup (88g) coconut oil, melted | • 1/2 tsp ceylon cinnamon |
| • 3/4 cup (111g) coconut sugar | • pinch salt |
| • 440g ripe banana purée (4-5 bananas, approx. 1.5 cups) | • 1 tsp vanilla extract |
| • 3/4 tsp cream of tartar | • 75g tapioca flour |
| • 3/8 tsp baking soda | • 70g coconut flour |
| • 1/4 tsp dried ginger | • 133g dried shredded coconut |
-

Directions

Make following the same steps as the Applesauce Muffins above, substituting the puréed banana for the applesauce and adding the spices in during step 3.

Anti-inflammatory Recipes

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Vegetable-based Smoothie Ideas

Smoothies are easy to make and take with you and are infinitely variable. If you want to add a protein, look for **collagen protein powder** from organic, grass-fed, free-ranging cows (no added flavours or sweeteners). Using **frozen fruit** makes these refreshing without watering them down by adding ice.

Liquids: water/ ice cubes, coconut milk, coconut water, coconut yogurt (check ingredients), fruit/ veggie juice (check ingredients for nightshades or non-compliant ingredients)

Veg-based Smoothies

Green

- *Greens! Nothing but Greens!:* cucumber + avocado + spinach (or chard or kale) + green grapes (can also use pears to add sweetness)
- *Green Tropics:* kale or Swiss chard + banana + pineapple + mango + orange + coconut milk
- *Sunny Day:* carrot + pineapple + banana + ginger (a pinch!) (can also include apples/ honey)
- *Cucubanana:* cucumber + banana
- *Cucapple:* cucumber + apple
- *Greenberry:* strawberries (or other berries) + avocado + coconut yogurt + baby spinach
- *Broccolana:* broccoli (raw or frozen) + banana + mango + pineapple juice

Orange

- *Carrot Mango Tango:* carrot + mango + coconut yogurt
- *Canadian Carrot:* carrot + banana + (Canadian) maple syrup
- *Carrot Apple Zing:* carrot + apple + ginger + turmeric + coconut milk + splash lemon
- *Spinapples:* spinach + pineapple + apple + coconut milk
- *Caulinana:* cauliflower (raw or frozen) + banana + orange juice

Red/ Pink/ Purple

- *Just Beetiful:* cooked beets + banana + coconut milk + goji berry (or pomegranate) juice + spinach (no one will know!)
- *Beet this:* cooked beets + apples
- *Berriflower:* berries + cauliflower + coconut milk + banana + honey

Anti-inflammatory Recipes

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Fruit-based Smoothie Ideas

Smoothies are easy to make and take with you and are infinitely variable. If you want to add a protein, look for **collagen protein powder** from organic, grass-fed, free-ranging cows (no added flavours or sweeteners). Using **frozen fruit** makes these refreshing without watering them down by adding ice.

Liquids: water/ ice cubes, coconut milk, coconut water, coconut yogurt (check ingredients), fruit/ veggie juice (check ingredients for nightshades or non-compliant ingredients)

Fruity Smoothies

- *Piña Colada*: coconut milk + pineapple + a splash of lime
- *Piña Banana Colada*: coconut milk + pineapple + banana + a splash of lime
- *Limeade*: water + green grapes + spinach + lime (the spinach makes this one green, but the grapes and lime make it taste sweet — just don't add too much lime, a little goes a long way)
- *Strawberry banana*: strawberry + banana (the name says it all...)
- *Appleberry*: raspberries + apple + collagen protein powder
- *Tropical Kiwi*: kiwi + mango + pineapple
- *Watermint*: watermelon + mint (+ apple, optional)
- *Cherry vanilla*: pitted cherries + coconut milk + banana + ground vanilla bean
- *Berry Bliss*: berries + coconut yogurt (or coconut milk) + honey
- *Orange Goddess*: orange + banana + coconut milk + vanilla bean
- *Banana Baby*: banana + coconut yogurt + a pinch of vanilla bean powder
- *Peach Raspberry*: peach + raspberry + coconut milk
- *Apple Pie*: apples + cinnamon (or mace) + banana (or honey) + coconut yogurt + a pinch of vanilla bean powder
- *Strawberry Shake*: strawberries + coconut yogurt
- *Cool Watermelon*: watermelon + cucumber + grapes

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Home Cured Maple Bacon

Adapted from: <https://www.thespruceeats.com/smoked-maple-bacon-recipe-4128928>

This is a great option if you want to make nitrate/nitrite-free and AIP-friendly bacon at home (and if you have a meat slicer). It's even better if you can get local pastured pork straight from the farm.

Serves ...a bunch...!

Ingredients

- 1 kg pork belly (without bones)
- 1/2 cup maple syrup
- 2 Tbsp sea salt or Himalayan pink salt

Directions

1. Remove skin from pork belly.
2. Rinse pork belly under cold water and pat dry.
3. Cut into piece that will fit in your curing bags.
4. Mix together maple syrup, and salt. Massage this onto the pork belly.
5. Place pork belly into non-leaking bags and pour extra liquid into bags.
6. Leave in sealed bags in the fridge to cure for 10-14 days, turning over every few days.
7. Unsmoked: Slice on meat slicer and freeze until ready to cook.



Tips & Variations

- For thinner slices, partially freeze the bacon before slicing it. This firms it up and makes it a bit easier when using a non-commercial meat slicer.
- Smoked Version: Smoke in smoker (use hickory or applewood wood chips) until bacon reaches internal temperature of 66°C (150°F). Then slice on meat slicer and freeze until ready to cook.

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AIP + egg: Caramel Apple Pie Muffins (Reintro: egg)

Note: These “AIP + egg” recipes are best for people who have successfully reintroduced eggs. If you haven’t, you can use an AIP-approved egg substitute such as applesauce, mashed banana, or a gelatine “egg.” These muffins keep at room temperature for approximately 1 week, so consider freezing some if you don’t expect to eat them all within a week. Makes 12 muffins.

Ingredients

- 100g avocado oil
 - 4 Tbsp dairy-free, plain/unsweetened coconut yogurt (can sub coconut cream)
 - 200g + 1 Tbsp coconut sugar
 - 1 tsp Ceylon cinnamon
 - 2 whole eggs OR 4 egg yolks (can use egg substitute or gelatine “egg” for strict AIP)
 - 300g cassava flour
 - 1 Tbsp baking soda
 - 200g apples (2-3 medium apples)
-

Directions

1. Preheat oven to 170°C (375°F) convection bake. In a small bowl, mix together 1 Tbsp coconut sugar and 1 tsp Ceylon cinnamon. Dice apples, then toss apple pieces in cinnamon sugar mix; set aside.
2. Mix oil, yoghurt, coconut sugar, baking powder, and eggs in a stand mixer.
3. Mix flour in a bit at a time (unless you have a mixer cover that keeps the flour from flying everywhere in a cloud of dust).
4. Gently fold apples in BY HAND (so you don't crush them) and scoop even amounts (using a 1/2 cup scoop) into muffin trays (1 tray = 12 regular muffins or 24 mini muffins).
5. Convection bake for 25 minutes (toothpick test should come out clean when done).
6. Let rest for 5 minutes in the muffin tray before setting on a rack to cool. Enjoy!

Tips & Variations

- When baking with cassava flour it's easier and produces better results when you measure by weight (as opposed to volume). By weight, you can substitute cassava flour for wheat flour in a 1:1 ratio; by volume, you may need 3/4 cup of cassava flour to every 1 cup of wheat flour.
- Trust me: an inexpensive kitchen scale makes this recipe so easy to make. AND you'll have fewer items to wash when you're done!

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

AIP + egg: Blueberry Pancake Muffins (Reintro: egg)

Note: These “AIP + egg” recipes are best for people who have successfully reintroduced eggs. If you haven’t, you can use an AIP-approved egg substitute such as applesauce, mashed banana, or a gelatine “egg.” These muffins keep at room temperature for approximately 1 week, so consider freezing some if you don’t expect to eat them all within one week. (Though in my experience, non AIP-ers in the house will still eat them gladly....) Makes 12 regular muffins.



Ingredients

- 100g avocado oil
- 4 Tbsp dairy-free, plain/unsweetened coconut yogurt
- 200g coconut sugar
- 1/4 cup maple syrup
- 4 egg yolks OR 2 whole eggs (can use egg substitute or gelatine “egg” for strict AIP)
- 300g cassava flour
- 1 Tbsp baking soda
- 300g blueberries, fresh or frozen

Anti-inflammatory Recipes

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Directions

1. Preheat oven to 170°C (375°F) convection bake.
2. Mix oil, yoghurt, coconut sugar, eggs, and maple syrup in a stand mixer.
3. Mix cassava flour in a bit at a time (unless you have a mixer cover that keeps the flour from flying everywhere in a cloud of dust — then you can throw all ingredients in at the same time).
4. Gently fold in blueberries BY HAND (so you don't crush them) and scoop even amounts (using a 1/2 cup scoop) into muffin trays (1 tray = 12 regular muffins or 24 mini muffins).
5. Convection bake for 25 minutes (toothpick test should come out clean when done).
6. Let rest for 5 minutes in the muffin tray before setting on a rack to cool. Enjoy!

Note:

- When baking with cassava flour it's easier and produces better results when you measure by weight (as opposed to volume). By weight, you can substitute cassava flour for wheat flour in a 1:1 ratio; by volume, you may need 3/4 cup of cassava flour to every 1 cup of wheat flour.
- Trust me: an inexpensive kitchen scale makes this recipe so easy to make. AND you'll have fewer items to wash when you're done!

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

AIP + egg: Carrot Ginger Muffins (Reintro: egg)

Note: These “AIP + egg” recipes are best for people who have successfully reintroduced eggs. If you haven’t, you can use an AIP-approved egg substitute such as applesauce, mashed banana, or a gelatine “egg.” These muffins keep at room temperature for approximately 1 week, so consider freezing some if you don’t expect to eat them all within one week. (Though in my experience, non AIP-ers in the house will still eat them gladly....) Makes 12 regular muffins.

Ingredients

- 100g avocado oil
 - 4 Tbsp dairy-free, plain/unsweetened coconut yogurt
 - 200g coconut sugar
 - 4 egg yolks or 2 whole eggs (can use egg substitute or gelatine “egg” for strict AIP)
 - 1/4 tsp ground ginger
 - 1 Tbsp baking soda
 - 300g cassava flour
 - 2 cups (200g) grated carrots
-

Directions

1. Preheat oven to 170°C (375°F) convection bake.
2. Mix oil, sour yoghurt, coconut sugar, eggs, and ginger in a stand mixer.
3. Mix flour in a bit at a time (unless you have a mixer cover that keeps all the ingredients from flying everywhere).
4. Mix or fold in grated carrots and scoop even amounts (using a 1/2 cup scoop) into muffin trays (1 tray = 12 regular muffins or 24 mini muffins).
5. Convection bake for 25 minutes (toothpick test should come out clean when done).
6. Let rest for 5 minutes in the muffins trays before setting on a rack to cool. Enjoy!

Tips & Variations

- If you successfully re-introduce cinnamon, you can add 1 tsp ground Ceylon cinnamon
- If you successfully re-introduce nutmeg, you can add 1/8 tsp nutmeg

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AIP + egg: Sausage Muffins (Reintro: egg)

Note: These “AIP + egg” recipes are best for people who have successfully reintroduced eggs. If you haven’t, you can use an AIP-approved egg substitute such as applesauce, mashed banana, or a gelatine “egg.” These muffins should be refrigerated, but you can also freeze some. (Though in my experience, non AIP-ers still love these....) Makes 12 regular muffins.

Ingredients

- **For the Sausage:**

- 1 lb ground pork (loose)
- 2 tsp dried (rubbed) sage
- 2 tsp garlic powder
- 2 tsp onion powder
- 1.5 tsp sea salt

- **For the Muffin base:**

- 6 eggs
 - 4 Tbsp avocado oil
 - 1 tsp salt
 - 1/2 tsp onion powder
 - 6 Tbsp coconut flour
 - 1/2 tsp baking soda
-

Directions

1. Preheat oven to 205°C (400°F) convection bake.
2. On the stovetop, cook ground pork with the sausage herbs (sage, garlic, onion, and 1.5 tsp sea salt). Set aside to cool.
3. Blend together eggs, oil, 1 tsp salt, 1/2 tsp onion powder.
4. Whisk coconut flour and baking soda into the liquid batter until smooth (no lumps).
5. Gently fold the seasoned pork (sausage) into the muffin base.
6. Bake at 205°C (400°F) for 15 minutes, until a toothpick inserted in the centre comes out clean.

Tips & Variations

- You can use different types of meat and/or seasonings to change the flavours.

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AIP + egg: Light and Fluffy Waffles (Reintro: egg)

Again, if you've successfully reintroduced eggs, you'll enjoy these. I've experimented with egg substitutes in waffles, but haven't had much success. Makes 10 Belgian-style waffles.

Ingredients

- 0.5 cup melted coconut oil (can use avocado oil, but coconut adds sweetness)
 - 2 large eggs, separated
 - 2 cups coconut milk
 - 1 tsp gluten-free vanilla extract
 - 1.5 tsp cream of tartar
 - 0.75 tsp baking soda
 - 0.5 tsp salt
 - 2.25 cups cassava flour (can use half coconut + half tapioca or arrowroot)
-

Directions

1. Melt coconut oil and set aside to come down to room temperature.
2. Separate eggs & use a large bowl/ electric mixer to whisk egg whites until stiff peaks form. Set aside.
3. Whisk together coconut milk, vanilla, egg yolks, cream of tartar, baking soda, salt, & cooled (but still liquid) coconut oil (if you melt it and put it in hot it can curdle the eggs & milk).
4. Mix in the cassava flour a little bit at a time (or it will create a cloud of dust).
5. Gently fold the batter and egg whites together by hand until combined. (It will look somewhat lumpy).
6. Make waffles according to waffle machine directions.
7. Enjoy!

Tips & Variations

- To keep them warm while you make enough for a crowd, place in an oven at 90°C (200°F).
- These freeze beautifully and can be reheated in the toaster.

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Part 4. Lunch Recipes

Psssst! The easiest lunch is: leftovers from yesterday's evening meal!

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Baked Sweet Potato with Bacon and side salad

Bake sweet potatoes at 200°C (400°F) for 45-60 minutes, until you can easily pierce the flesh with a fork.

Cook bacon via your favourite method (stovetop, microwave, or bake it in the oven) and serve next to or on top of the baked sweet potato.

Optional Toppings:

- Extra virgin olive oil
- Sautéed onions
- Sautéed greens
- AIP-compliant bacon pieces, sausage, or other meat of choice

Tips & Variations

- Endless! Try with different root vegetables, proteins, and/or toppings.

Lettuce Lunch Boats

Serves 1.

Ingredients

- Romaine lettuce leaves (washed)
- Cold meat/ veggies from a previous meal
- Olive oil & fresh herbs (or AIP-compliant salad dressing), as desired

Directions

1. Lay the romaine leaves out like little canoes on a plate. Place meat and/or veggies down the centre of the romaine leaves. Drizzle with olive oil and fresh herbs, as desired.
2. Enjoy!



Tips & Variations

- Endless! And yes, you can make these like regular lettuce wraps too.

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Simple Broccoli Soup

Serves 4.

Ingredients

- 4 cups chicken, turkey, or vegetable broth
- 2 cups chopped broccoli florets (fresh or frozen)
- Salt to taste

Directions

1. Put the broth and broccoli into a soup pot and boil until broccoli is soft.
2. Using an immersion blender, purée soup until smooth. (Optional: Remove some of the broccoli florets before puréeing, and add them back in after the majority of the soup is puréed if you like the additional texture.)
3. Season with salt to taste.

Tips & Variations

- Feel free to experiment by adding different herbs (one at a time ;-)). This is a basic recipe that celebrates the broccoli flavour, but is also good with thyme, garlic, onions, leeks, shallots, etc.. Start with one herb at a time and taste to see what you like. Just remember that dried herbs will blossom in flavour as they rehydrate, so give them time to soak into the soup and taste before adding more!
- You can also add diced chicken/ turkey or a little collagen powder to increase the protein if soup leaves you feeling hungry. The collagen powder will also help thicken the soup a bit, but personally, I would add it when the soup is hot, just before serving, rather than during cooking. You could add during cooking as well though, or a bit of tapioca, arrowroot, or cassava to thicken the soup. When adding tapioca, arrowroot, or cassava to thicken a broth, mix it with some of the hot broth in a separate bowl until it forms a smooth paste, then add it in. This will prevent you from having a lumpy soup.

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Leek & Cauliflower Soup

Serves 4.

Ingredients

- 4 cups chicken, turkey, or vegetable broth
- 2 cups chopped cauliflower florets (fresh or frozen)
- 2 cups leeks, cleaned and sliced (approx. 4 medium leeks)
- Salt to taste

Directions

1. Put the broth, cauliflower, and leek into a soup pot and boil until broccoli is soft.
2. Using an immersion blender, purée soup until smooth. (Optional: Remove some of the vegetables before puréeing, and add them back in after the majority of the soup is puréed if you like the additional texture.)
3. Seasons with salt to taste.

Tips & Variations

- Feel free to experiment by adding different herbs (one at a time ;-)). This is a basic recipe that celebrates the flavour of the leeks, but is also good with thyme, garlic, onions, oregano, shallots, etc.. Start with one herb at a time and taste to see what you like. Just remember that dried herbs will blossom in flavour as they rehydrate, so give them time to soak into the soup and taste before adding more!
- You can also add diced chicken/ turkey or a little collagen powder to increase the protein if soup leaves you feeling hungry. The collagen powder will also help thicken the soup a bit, but personally, I would add it when the soup is hot, just before serving, rather than during cooking. You could add during cooking as well though, or a bit of tapioca, arrowroot, or cassava to thicken the soup. When adding tapioca, arrowroot, or cassava to thicken a broth, mix it with some of the hot broth in a separate bowl until it forms a smooth paste, then add it in. This will prevent you from having a lumpy soup.

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Salad + Protein

Serves 1.

Ingredients

- Salad greens
- Chopped veggies of choice (raw or previously cooked/ grilled)
- Fruit of choice (berries, grapes, apple slices, etc.)
- Protein from a previous meal (or prepared in advance)

Directions

1. Combine ingredients.
2. Top with salt, herbs, lemon/ lime juice, or a homemade vinaigrette (recipe below).



Homemade Vinaigrette (Salad Dressing)

Make ahead and store in the fridge.

Ingredients

- Oil of choice: olive or avocado
- Vinegar of choice: apple cider vinegar, balsamic, red wine, or coconut aminos
- Herbs (fresh or dried) — try different combinations, depending on your tastes.
- Optional: honey

Directions

1. Combine oil, vinegar, herbs, and optional honey.
2. Shake/ stir immediately before serving.

Notes: *Not sure what herbs and spices to try? Here are a few ideas:*

- Try pre-existing herb mixes (check ingredients for AIP-compliance) such as Herbs de Provence, Italian seasoning, etc.
- Find a recipe for some of your favourite dishes or cuisines, and use those herbs/ spices (e.g. Asian: lemongrass + ginger + garlic + coconut aminos [instead of vinegar]), Mediterranean: basil + oregano + thyme + garlic + onion powder, etc.)
- Use horseradish to give it a kick (instead of peppers and chilis)

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Warm Maple Bacon Salad Dressing

You could make this in advance and heat it when you want it, or make it to serve right away. This kind of dressing was popular over a spinach salad with sliced red onions and sliced hard-boiled eggs in the 1990s/ early 2000s, which I guess makes it a bit retro now.... Yikes! Serves 1.

Ingredients

- 2-3 pieces AIP-compliant Bacon (or 1 Tbsp bacon grease)
 - 1/2 small Onion, finely diced
 - 2 Tbsp Red wine vinegar
 - 1 clove Garlic, minced
 - 1/2 tsp Maple syrup (or Honey)
 - 1/4 tsp Sea salt
 - 1/4 cup Extra virgin olive oil
 - Optional: Horseradish root (to taste, see note about grating it in recipe)
-

Directions

1. Dice bacon, then cook it until crispy. Remove bacon with a slotted spoon, and set aside.
2. Sauté diced onion in bacon grease over medium heat until onions are translucent, then remove excess bacon grease from the pan.
3. Add vinegar, garlic, maple syrup, and salt to the onions, and cook over medium heat until fragrant. Taste and adjust seasoning if desired.
4. Transfer to a glass bowl and whisk in olive oil.
5. *Optional (Horseradish):*
 - If using prepared horseradish (i.e. grated horseradish in vinegar), whisk it in with the olive oil, (you don't typically cook it).
 - If grating fresh horseradish, do it in a well-ventilated space (and freeze the leftover grated horseradish in single use portions). Typically you add vinegar to horseradish to keep it's flavor over time. Adding vinegar *immediately* after grating will make it relatively mild, while waiting for 3 minutes is said to let it reach its maximum heat, so keep that in mind when planning your recipe timing.
6. Serve warm over dark leafy greens (like spinach) and it will slightly wilt your greens.

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Cherry Balsamic Dressing

Use as a salad dressing, a sauce for meat, or in place of BBQ sauce or ketchup. Servings vary.

Ingredients

- 240g (1 cup) frozen, pitted cherries (thawed): tart, sweet, or a combination
 - 2 tsp balsamic vinegar
 - 1 Tbsp coconut aminos
 - 1/4 tsp sea salt
 - 1/2 tsp garlic powder
 - *Optional: maple syrup or honey, to taste (only necessary if using tart cherries)*
-

Directions

1. Blend together. Store in refrigerator.

Tips & Variations

- If you prefer it thicker, add 1 tsp collagen protein and mix well so there are no lumps. Press through a sieve for a smoother texture.
- For a more BBQ-like flavour, add a little liquid smoke (Wright's brand has no additives).

Carrot Ginger Dressing

Servings vary.

Ingredients

- 1/2 pound (200g) carrots, roughly chopped
 - 1 small yellow onion, roughly chopped
 - 1 inch knob of ginger (fresh/ frozen), peeled and roughly chopped
 - 1/4 cup (70ml) coconut aminos
 - 1/2 cup (125ml) apple cider vinegar
 - 1/2 tsp salt
 - *Optional: 1 tsp honey*
 - 3/4 cup avocado oil
-

Directions

1. Put all ingredients except oil into high-powered blender and purée until smooth.
2. Add oil slowly through the top hole of the lid (if there is one), while blending at a low speed (so it doesn't splash) until the mixture has emulsified. Store in refrigerator.

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Mayonnaise Substitute: Avocado Crema

Sure you can make guacamole, but sometimes you want something milder. This crema provides a nice creamy topping for burgers or Mexican-inspired dishes.

Ingredients

- 2 ripe avocados
 - 1/4 cup water
 - 1 Tbsp lime juice
 - 1 Tbsp lemon juice
 - 1 tsp salt
 - 1 tsp garlic powder
-

Directions

1. Cut avocados in half, remove pits, and scoop flesh out into the blender.
2. Add water, lime/ lemon juice, salt, and garlic. Blend until smooth & refrigerate until needed.

Avocado Horseradish Sauce

Since you can't really have mayonnaise on AIP, this cream provides a nice creamy topping for burgers or Mexican-inspired dishes.

Ingredients

- 2 ripe avocados
 - 1/4 cup water
 - 1 Tbsp lime juice
 - 1 Tbsp lemon juice
 - 1 tsp salt
 - 1 tsp garlic powder
 - 2 Tbsp prepared horseradish (grated horseradish in vinegar, check ingredients)
-

Directions

1. Cut avocados in half, remove pits, and scoop flesh out into the blender.
2. Add water, lime/ lemon juice, salt, and garlic. Blend until smooth.
3. Slowly add in prepared horseradish (grated, in vinegar without other ingredients) to taste. Some are spicier than others, so better to go little by little in case it's a hot batch!
4. Refrigerate until needed.

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Mayonnaise Substitute: Lemon Garlic Aioli

Makes 1 cup.

Ingredients

- 80g (1/3 cup) avocado oil
 - 80g (1/3 cup) mild-flavoured extra virgin olive oil (a strong one will take over the flavour)
 - 80g (1/3 cup) palm shortening
 - 1/4 tsp salt
 - 2-3 tsp lemon juice (to taste)
 - 1-3 tsp minced garlic (to taste)
-

Directions

1. Blend avocado oil, olive oil, palm shortening, salt, and 1 tsp each of lemon juice and garlic in blender (or using an immersion blender).
2. Add more salt, lemon juice, and/or garlic to taste.
3. Place in refrigerator to thicken a little before serving, but not for too long! It thickens in the fridge, so just watch to get it to the desired consistency. (And when you serve it next time, bring it to room temperature before serving.)

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Part 5. Dinner Recipes

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AIP Adobo-style Seasoning (Dry Rub)

This is my hands-down favourite seasoning blend; I use it on just about everything (chicken, pork, beef, veggies, etc.). Servings vary with usage, but I like to make a double batch and store some in a 16 oz mason jar (near my other herbs and spices for quick reach when I'm cooking), and some in a shaker jar that I can use at the table.



Ingredients

- 3 Tbsp sea salt
- 3 Tbsp garlic powder
- 2 Tbsp dried oregano
- 1 Tbsp onion powder
- 1 Tbsp turmeric

Directions

1. Mix ingredients together.
2. Use as a dry rub for meats, to season vegetables, or sprinkle on top of... whatever...!

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AIP Thai Curry Paste — Double Batch (Make Ahead)

Servings vary, but this is enough for our family to make 2-3 big batches of curry. You can also use as little as one tablespoon of this paste to quickly whip up some curried veggies as a side dish. Just adjust the volume of coconut milk for the desired thickness of the curry sauce. Note: if you have fresh ingredients available, use them! But if, like me, you can't possibly get fresh lemongrass or kaffir lime leaves, this paste still works, and as it sits in the fridge, the dried spices will continue to rehydrate and flavours will continue to intermingle.

Ingredients

- 6 dried kaffir lime leaves, middle stem removed
- 2 tbsp dried lemongrass
- juice of 2/3 lime (2-3 tbsp)
- 2 tbsp fish sauce
- 1 tsp lemongrass paste
- 3 tsp dried ginger powder
- 2 tsp dried galangal powder
- 2 tsp dried turmeric
- 8 cloves (or 8 tsp) minced garlic
- 4 Tbsp coconut sugar
- 8 shallots (or yellow onions)



Directions

1. Place dried kaffir lime leaves and dried lemongrass into a 1 pint (16 oz) mason jar with lime juice and fish sauce. Let these rehydrate while you gather/ prepare the rest of the ingredients.
2. Add the rest of the ingredients *except shallots* and purée in small food processor, in a high-powered blender, or with immersion blender (note: you'll need a bigger container if you plan to use an immersion blender).
3. Dice shallots (or onions) and add to other ingredients.
4. Purée all ingredients until smooth.
5. Store in the refrigerator, or, if you don't think he'll use it all within a reasonable amount of time, separate into two to three batches and freeze them separately. Then, take it out 24-48 hours before you want to use it to bring it back to room temperature.
6. **To make curry with this paste**, simply cook 1/2 to 3/4 cup paste (depending on intended amount of veggies/ protein) in coconut oil over medium heat until fragrant. Add veggies/ protein and cook until your meat is fully cooked.
7. Pour in 1 can of full fat (no guar) coconut milk to make a sauce, simmer for a few minutes to an hour, depending on how thin or thick you want the sauce to be. and serve over cauliflower rice.

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AIP Thai Meat & Veg Curry

I typically make this as a quick meal with whatever frozen veggies & protein I have available. You'll want to defrost your veggies and meat in advance, preferably pulling them out of the freezer the night before or the morning of the day you want to make it. You can make this with frozen vegetables, but it takes a lot longer.

In this case, I used a mix of half-used bags of veggies we had in the freezer which included peas. Peas are not AIP-compliant, but my wee man loves them, and I can eat them without an issue, so they occasionally show up in our curries. Serves 4.



Ingredients

- Avocado or coconut oil (for the pan)
- 1/2 — 3/4 cup (4-6 tbsp) curry paste
- 4 portions of meat of your choice, sliced or diced
- 4 cups of mixed frozen vegetables of choice (defrosted in advance)
- 1 (400ml) can of coconut milk (full fat, no guar)
- Cauliflower rice, for serving (I like to rice the cauliflower [meaning: to finely chop it in vitamix or food processor] before I start cooking the rest of the meal so I can time it better)

Directions

1. Preheat large braising pan, wok, or other pot with large volume capacity on medium heat.
2. Toast curry paste in preheated pan with a little avocado or coconut oil until fragrant.
3. Add protein and veggies to the pan starting with whatever takes the longest to cook, and adding the rest as it makes sense.
4. When your protein is mostly cooked, add in the canned coconut milk and stir to combine.
5. Continue to simmer, stirring occasionally, to reduce excess liquid, until sauce is your desired texture. (Note: this is the ideal time to get your cauliflower rice cooking.)
6. Adjust seasonings to taste (tip: for a saltier flavor, add more fish sauce [a little at a time]).
7. Serve over cauliflower rice.

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David's Manly Meatloaf

My husband David often makes two of these at once and freezes one (either cooked or uncooked) for an easy meal on another day. Serves 8.

Ingredients

- 1 pound ground pork
 - 2 pounds ground beef
 - 2 medium sweet potatoes, cooked and mashed
 - 1/4 tsp salt
 - 1 tsp oregano
 - 1 tsp onion flakes
 - 1 tsp garlic granules
 - 2 Tbsp cherry balsamic dressing, OR AIP nightshade free "ketchup"/ barbecue sauce
-

Directions

1. Preheat oven to 205°C (400°F) convection bake.
2. Mix together all ingredients in a large bowl. Put into muffin tins, a loaf pan (or two), OR mold into a loaf shape and place it on a rack over a jelly roll pan.
3. Smear AIP-compliant ketchup on top (if using), loosely cover with foil, and convection bake for 60 minutes.
4. Remove foil and continue to cook for another 30 minutes. Check temperature for doneness. The center of your meatloaf should be 160 degrees Fahrenheit or 71 degrees Celsius.
5. Serve with mashed cauliflower (the comfort food option), or with a nice green salad.

Tips & Serving Suggestions

- Top with Caramelised Onions and/or Brown Gravy and serve with cauliflower or parsnip purée.
- Used to having ketchup with meatloaf? The cherry balsamic dressing

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Salisbury Steak with Brown Gravy

Serves 4. (Double the recipe to have leftovers for future meals.)

Ingredients

- 1 pound (1/2 kg) ground beef (can also use a 2:1 mix of ground beef + ground pork)
- 1 tsp dried thyme
- 1 tsp onion powder
- 1/2 tsp sea salt
- bacon grease, lard, tallow, or oil for cooking

Brown Gravy

- 2 cups beef broth (homemade beef stock is ideal, check ingredients if buying)
 - 1 large onion, sliced
 - 8 oz mushrooms, sliced (optional)
 - 1/4 cup tapioca or arrowroot starch
 - 1/2 tsp or 1 sprig dried thyme
 - Sea salt to taste
-

Directions

1. Preheat oven to 90°C (200°F).
2. Combine beef with spices and form into 4 patties. Sear both sides in bacon grease or other cooking fat and grill or cook on the stove until rare to medium rare (less than you want it cooked when you serve it). Place semi-cooked patties into the 90°C (200°F) oven to keep warm while you make the gravy.
3. In the same pan (to flavour the gravy with the cooking fats), sauté the onions until translucent, then add the mushrooms (optional).
4. Slowly sprinkle the tapioca or arrowroot over the onions and mushrooms and whisk to combine (until there are no lumps).
5. Add the beef broth and thyme and cook over medium heat to reduce.
6. Once gravy is nearly finished, add patties to the gravy to finish cooking. (Or if, they're already sufficiently cooked, you can serve the gravy on the side.)

Tips & Variations

- Some people prefer to add the tapioca or arrowroot once the liquid is in the pan. To use this method, first mix your starch with some of the cooking liquid until there are no lumps, then add it to the gravy.

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Medium Rare Roast Beef

Serves 6-8 people.

Ingredients

- 3lb (1.5kg) beef roast, room temperature
 - 1 large onion
 - 3 carrots (or more, depending on size of roast and pan)
 - Mixed green herbs (to taste)
-

Directions

1. Pull meat out of refrigerator 30 minutes before cooking to bring to room temperature.
2. Pre heat oven to 190°C (375°F).
3. Season with mixed herbs, by patting them on the outside into the flesh. (Avoid adding salt, as it will pull the juices out of the meat during cooking, and it's much better to have a juicy roast than a dry one!)
4. Over medium-high heat, sear all sides of the roast for 2 minutes per side.
5. Cut onions into large slices and cut carrots into 1 inch pieces. Place vegetables at bottom of roasting dish. Place meat on top of the vegetables and bake for 20 minutes per pound (the 3 pound roast will take 1 hour).
6. Check meat temperature occasionally; more frequently as the meat gets close to the desired temperature.
7. For a medium rare roast, remove from the oven once the temperature gets up to 40°C (105°F). It will continue to cook while it's "resting" out of the oven, up to rare/medium rare while resting (46°C-54°C/115°F -130°F).
8. Let the meat rest for 30 minutes before serving.
9. Cut roast against the grain of the meat and into thin slices.
10. Enjoy!

Tips & Variations

- Pair with a horseradish avocado crema (see chapter on side dishes) for a delicious AIP-friendly meal. If you've successfully reintroduced mustard, a dijon aioli is another good sauce option.

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Hearty Chicken Stew

Serves 6-8.

Ingredients

- 2 tablespoons coconut oil
- 1 whole chicken
- 1 whole carrot
- 1 stalk celery
- 1 onion, quartered
- 1 tsp apple cider vinegar
- 2 bay leaves
- 1 medium onion, diced
- 4 medium carrots, cut into ¼ inch rounds
- 1 stalk celery, chopped
- 1 sweet potato (microwave it to cook it most of the way, then chop into chunks)
- ¼ cup cassava flour (or tapioca or arrowroot)
- Salt + Fresh / dried herbs to taste: garlic, oregano, thyme, rosemary, sage, marjoram, etc.



Directions

Chicken Filling

1. In a large Dutch oven or stock pot, place chicken, whole carrot, celery stalk, quartered onion, 1 tablespoon salt, 1 tablespoon apple cider vinegar, bay leaves, and enough water to cover the chicken completely.
2. Bring to low boil, then reduce to simmer and cover. Cook for 90 minutes, then remove chicken and allow it to cool enough that you can easily handle it.
3. Discard the bay leaves and reserve 4 cups (approx. 1 litre) of the broth for this recipe. Save the remaining liquid to be used as a broth in other recipes. Purée cooked vegetables and set aside to thicken the stock later.
4. Remove meat from the chicken carcass and chop, shred, or pull into bite sized pieces.
5. Heat coconut oil in the now empty pot over medium heat. Add chopped onions, carrots, and celery and cook for about 5 minutes, or until onions have become translucent and carrots are beginning to soften.
6. Slowly sprinkle the cassava flour over the vegetables, and whisk together until there are no floury lumps. Add 4 cups of reserved cooking liquid and puréed vegetables from step 3. Cook until sauce is thick and slightly reduced and carrots are quite soft, about 5 minutes.
7. Add salt and herbs a little at a time, giving any dried herbs time to rehydrate before tasting.
8. Add diced/ shredded chicken and sweet potato chunks into the stew before serving.

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Crispy Baked Chicken Wings

You can probably do this in an air fryer too, but I haven't used one, so this is how we do it without any additional appliances. The dry rub is great on its own, but you can also toss it in any of the AIP sauces in this book. Serves 4-6.

Ingredients

- 2 lbs (1 kg) chicken wings (separated into flats and drumettes, tips removed), room temperature
- Seasoning ideas
 - AIP adobo-style dry rub
 - Italian herbs and honey
 - Honey + ginger + garlic
 - Salt + apple cider vinegar
- AIP-compliant dressing of choice, such as:
 - carrot ginger dressing
 - cherry balsamic dressing



Directions

1. Preheat oven to 230°C (450°F). On the stovetop, bring a large pot of salty water to a boil.
2. Once boiling, add chicken wings to the pot, and simmer for 7 minutes. (This renders some of the fat from the skin making the wings crispier when baked.)
3. Pour wings into colander and let dry. Finish drying them with a kitchen towel.
4. If using a dry rub, put on wings now.
5. Place dried wings onto a rack on top of a rimmed baking sheet (this lets the fat drain but they don't sit in it, which makes the skin crisp up).
6. Bake 30-40 minutes until skin looks crispy.
7. If coating wings in a sauce, toss them in the sauce after removing them from the oven.

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Easy Roasted Chicken Thighs (Bone-in or Boneless)

Servings vary.

Ingredients

- Chicken thighs, bone-in or boneless
 - Herbs and spices, to taste
 - Avocado or Olive oil for boneless/ skinless thighs
-

Directions

1. Preheat oven to 220°C (425°F).
2. **For bone-in thighs with skin**, pat dry, and season with salt and herbs of choice. Let sit for 20-30 minutes until they reach room temperature.
3. **For boneless, skinless thighs**, pat dry, and season with oil, salt, and herbs of choice. Let sit for 20-30 minutes until they reach room temperature.
4. Once chicken thighs have reached room temperature, roast in the oven as follows until they reach an internal temperature of 70°C (160°F):
 - Bone-in — 30-25 minutes
 - Boneless/ skinless — 25 minutes
5. Remove from oven and allow to rest for 5 minutes before serving.

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Chicken & Dumplings

I never had chicken and dumplings before I went on AIP — my house (growing up) was always a chicken pot pie house. These dumplings are so easy to make though... (it's the same recipe as the 4-ingredient flatbread). And don't worry, pie crust is next on my list of AIP baked goods to master! Serves 8-10.

Ingredients

- 1 whole chicken
- sea salt
- apple cider vinegar
- 2 bay leaves
- 2 tablespoons coconut oil
- 2 medium onion, diced
- 4 medium carrots, cut into ¼ inch coins
- 1/4 - 1/3 cup cassava flour
- 1 teaspoons dried thyme
- 1 teaspoons dried sage

Dumplings

- 260g cassava flour
- 350g coconut yogurt
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp garlic powder
- 1 tsp sage powder
- 1 tsp dried thyme

Directions

Chicken Filling

1. In large pot or Dutch oven, place chicken, 1 tablespoon salt, 1 tablespoon apple cider vinegar, bay leaves, and enough water to cover the chicken completely.
2. Bring to low boil, then reduce to simmer and cover. Cook for 90 minutes.
3. Remove chicken and allow it to cool enough that you can easily handle it.
4. Discard the bay leaves and reserve 4 cups of the cooking water for this recipe. Save the remaining cooking water to be used as a broth in other recipes.



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5. Remove meat from the chicken carcass and chop or shred into bite sized pieces.
6. Heat coconut oil in now empty pot over medium heat. Add onions, carrots, and celery and cook for about 5 minutes, or until onions have become translucent and carrots are beginning to soften. Add cassava flour and cook until it has browned slightly, another 2-3 minutes, stirring the whole time.
7. Add 4 cups of reserved cooking liquid and cook until sauce is thick and slightly reduced and carrots are quite soft, about 5 minutes.
8. Add 1 teaspoon thyme and 1 teaspoon sage. Add cooked chicken.
9. Taste and salt as desired.
10. If your dutch oven or pot cannot go directly into the stove, pour mixture into a 2-3 quart casserole dish.
11. Preheat oven to 190°C (375°F), unless making ahead of time. In that case, cover casserole dish and refrigerate. Pull it out of the fridge and allow to come to room temperature (30-60 minutes) before you're ready to do the final bake.

Make Dumplings & Bake

12. In a medium bowl, mix dumpling ingredients together. Use your hands to kneed into a thick batter. *(Note: It won't seem like the dough will work at first, but it will suddenly form a nice workable dough after a few minutes of kneading.)*
13. Form batter into twelve 50g balls of dough, rolled neatly. Arrange them neatly across the top of the dish.
14. Place in oven and bake for 30-40 minutes, until the filling is bubbling and dumplings are slightly browned on top (the toothpick test will come out clean).
15. Serve hot.

Tips & Variations

- This is easy to make with leftover chicken/ turkey and 4 cups chicken/ turkey broth. Skip directions 1-5 and start at number 6.
- You can also make biscuits from another recipe or leave them out altogether for a chicken stew.

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Turkey Burgers or Meatballs

Serves 8.

Ingredients

- 2 lb ground turkey
- 3 pink lady apples (optional)
- 1 small onion, finely diced (optional)
- 2 Tbsp dried sage
- 2 tsp dried ginger
- 2 tsp sea salt
- 1/4 cup (4 Tbsp) maple syrup (optional)

Directions

1. Sauté diced onions with sage, ginger, & 1 tsp salt in avocado oil. Grate apples with box grater. Squeeze juice out of apple shreds (drink!) and add to onions. Cook for 1-2 min, then set aside to cool.
2. Place turkey in large bowl with remaining 1 Tbsp salt. Mix until thoroughly combined.
3. Add onion mixture to pork; combine. For savory patties (or keto): omit maple sugar altogether. Otherwise mix in maple sugar at this stage. Alternatively, lightly drizzle maple syrup on top of finished patties when serving (maple syrup makes the patties very wet).
4. Optional: make a tiny little taste test patty & sauté over medium low until done. (Just in case.) Taste & adjust seasoning, if desired.
5. Form into 1-inch spheres, flatten, and cook (using avocado or coconut oil) 2-3 minutes per side (depending on size).



Tips & Variations

- You can also form these into meatballs or meatloaf.
- Serve with a vegetable purée (ground turkey can be a bit dry), or the Cherry Balsamic dressing (see recipe in lunch section).

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Spatchcocked Chicken and Rutabagas (or Turnips)

Salt the chicken in advance and let it sit in the fridge for a few hours for crispier skin. We've got white sweet potatoes in the image (it's delicious over potatoes if you can eat those), but we typically use rutabagas these days, since those are easily available where we live. Serves 4.



Ingredients

- whole chicken
- 2 large rutabagas (also called swedes)* or 3-4 small turnips (or white sweet potatoes)
- avocado oil, sea salt, and herbs to taste

Directions

1. Spatchcock the chicken by (1) using heavy kitchen shears to cut out the backbone of the chicken, (2) placing the chicken breast-side up on a cutting board, and (3) pressing down hard on the breastbone so that the chicken lays flat.
2. **If prepping in advance**, season the chicken with salt (or salt-containing herbal mix, like the AIP adobo-style seasoning) and place (breast-side up) in the refrigerator uncovered, for

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several hours or overnight (I've successfully done this up to 36 hours in advance). This will dry out the skin so it gets more crispy.

3. ***If you didn't have time to prep in advance***, use your fingers to slightly separate the skin from the flesh and drizzle the oil, salt, and herbs between those the skin and flesh (just be careful not to remove the skin entirely).
4. One hour before roasting, pull the chicken out of the fridge and do a dry rub with a herb mixture of your choice (make sure it doesn't have salt if you've already salted the bird).
5. Preheat oven to 230°C (450°F).
6. Put a light layer of oil on the bottom of a roasting pan.
7. Slice rutabagas (or turnips) into thin rounds and neatly place slices in roasting pan, layering them with a sprinkle of salt, herbs (if desired), and a drizzle of avocado oil between layers and on top.
8. Roast rutabagas at 230°C (450°F) for 10 minutes. Remove from oven and flip rutabaga slices so they'll cook evenly, rearranging them neatly for a prettier presentation.
9. Place chicken on a rack above the layers of rutabagas. (You can place them directly on the vegetables as well, but I think it looks nicer when the chicken sits up off the veggies.)
10. Roast the chicken and rutabagas (inserting chicken with the legs at the back of the oven) for 35-45 minutes, until the breast reaches 70°C (155°F). Let chicken rest for 10 minutes before carving.

Tips & Variations

- Rutabagas or Turnips? Rutabagas (called swedes in the UK, typically round, orange and purple) have a sweeter flavour than turnips. Turnips (typically round, white and purple) can have a bitter flavour but roasting them brings out a bit more sweetness. Smaller turnips can be less bitter than large old ones.
- If making with a side dish like the Paleo dressing, use the same herbs for both.

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Crispy Roasted Lemon Chicken (24 hour Advance Prep)

Note: This is a GREAT make-ahead way to roast a whole chicken. I found the original recipe at https://www.simplyrecipes.com/recipes/the_best_dry_brined_roast_chicken/ and then modified it to make it AIP. I'd heard about air chilling your chicken before roasting, and I was excited to see the author had done her research to find the best way to make a crispy-skinned chicken. I like to do the prep work on a day I have some time in the kitchen, then (as the author Summer Miller says) you can always push it back a day if you don't cook it after the first 24 hours.

Yep — you read that right, you'll let this sit in the fridge for 24 hours before cooking. Then, the night you want to make it, you have less work to do, so you can either go crazy with some fancy vegetables, or just throw some sweet potatoes in the oven with it. Serves 4.



Ingredients

- 5-6 pound chicken (whole), rinsed and patted dry
- 1 lemon
- 2 Tbsp olive oil (or avocado oil)

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- 2-3 Tbsp AIP Adobo-style Seasoning (see dinner section of cookbook for recipe)
 - 1 tsp sea salt (in addition to the salt in the seasoning mix)
 - *Optional gravy:*
 - 1 cup chicken or turkey broth (this is in addition to the pan juices)
 - more AIP-style Seasoning, to taste
 - arrowroot starch (can sub tapioca or cassava)
-

Directions: The Day Before

1. Place your AIP Adobo-style Seasoning, salt, and olive oil into a small bowl.
 2. Zest your lemon into the bowl, cut the lemon into quarters, and squeeze the juice of 1 quarter lemon into the spices. Stir well to combine. You want all the spices and lemon zest to make a wet paste, so adjust seasoning and oil if needed (I just eyeball it).
 3. Place chicken on a plate or in your roasting pan (depending on how much fridge space you have available). Put the 4 lemon quarters inside the chicken cavity.
 4. Using your fingers, put half of the seasoning paste under the skin of the chicken, being careful not to rip the skin. (Essentially, you're separating the skin from the meat below it and placing the paste between the two layers. This seasons both the meat and the skin, while helping the skin get crispy from the dehydrating action of the salt).
 5. Place uncovered in the refrigerator for 24-72 hours (to dry out the skin so it gets crispy).
-

Directions: The Day Of

1. Preheat oven to 190°C (375°F).
2. Remove the chicken from the fridge so it comes up to room temperature while the oven is preheating. Rub a little additional olive oil on the top of the skin (you can also add some additional AIP Adobo-style Seasoning, if desired).
3. *Optional: arrange chicken over top of quartered onions and chopped root vegetables for easy sides — monitor these while cooking, and if they look overdone at any point, remove them from the pan. This might mean the veggies absorb your pan juices, in which case you may need some extra chicken broth to baste the bird and make your gravy.*
4. Arrange chicken on a rack (or over vegetables) over a baking dish with a rack (so the air in the oven flows under the chicken as well as around and over it).
5. Bake for 45 minutes at 190°C (375°F), then baste with pan juices.
6. While your chicken is cooking, start your **gravy**.
 - A. Yes, you'll use the pan juices, but they're often not enough, so I like to use some of my homemade chicken bone broth to make the gravy. As a bonus, if you have too much gravy (never too much gravy), it can be frozen and pulled out when making something more simple like a baked or pan-fried chicken pieces. ALSO... starting the gravy now and adding the pan juices later means that you don't have to rush to make the whole gravy at the last minute.

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- B. In a small saucepan, heat your bone broth and season with AIP-style Seasoning (or other herbs, if you prefer) so it's slightly under-seasoned. *Note: you'll be adding more from the pan juices later, and can do a final adjustment then.*
 - C. Thicken the gravy by making a slurry in a separate (small) bowl by combining a few tablespoons of the broth with a few teaspoons of arrowroot starch. Stir or whisk together until smooth (no lumps!).
 - D. Once smooth, whisk the slurry into the broth.
 - E. Continue to simmer the gravy on low, thickening more — if necessary — depending on the volume of broth and pan juices you'll end up with. If you don't have much liquid when basting the chicken, you know you won't be adding much to the gravy, so you can thicken it to your preferred texture the first time. If, however, you have an especially juicy bird and lots of pan drippings, you could over-thicken it now, in anticipation of watering it down later.
- 7. Bake for another 15 minutes at the same temperature, then baste with pan juices again.
 - 8. Increase temperature to 220°C (425°F). Roast chicken for 15 minutes at the higher temperature, then check internal temperature at the thickest part of the chicken breast.

It should be 70°C (160°F). If not at temperature, continue baking chicken, checking frequently until it reaches 70°C (160°F).
 - 9. Take chicken out of the oven and allow it to rest for 5-10 minutes before carving (the internal temperature of the breast will continue to rise and should reach 74°C/165°F).
 - 10. While chicken is resting, add pan juices to the gravy. Adjust thickness of the gravy and seasonings, as needed.

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Pan-seared Duck Breast

*Note: You'll need to **prep these at least 3 hours before cooking**, so do this either in the morning or the night before you plan to cook them. Servings vary (based on # of duck breasts).*

Ingredients

- Duck breasts, skin on
 - Sea salt
 - Optional: herbs, to taste (consider sumac for a light lemony flavour)
-

Directions

1. Pat duck breasts dry and place skin-side up.
2. With a sharp knife, score the skin through the layer of skin and fat but NOT deep enough to pierce the meat. You can do parallel diagonal cuts or cut a crisscross pattern. The purpose of this is to render the fat under the skin so you have a nice crispy skin to eat.
3. Season both sides of the breast with salt and herbs (if desired). Place breasts on a wire rack over a rimmed baking tray and place in the refrigerator (uncovered) for a minimum of 3 hours. (This pulls water from the meat, making it more flavourful and helping crisp up the skin.
4. **To cook: do NOT pre-heat or add oil to your pan.** Instead, place duck breast skin-side down on a cold pan over medium heat.
5. Cook duck breast for 12-15 minutes over medium heat. As the fat renders, pour liquidised fat out of the pan into a small glass jar to use for other recipes (refrigerate this once it's cooled).
6. Flip duck breast and cook for one more minute with skin side up.
7. Transfer to cutting board to rest 5 minutes before carving it at an angle (against the grain).

Tips & Variations

- If using sumac, sprinkle it over the cooked duck breasts just before serving and consider pairing this with baked or pan-fried plum halves.

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Stir Fry

Servings vary.

Ingredients

- Protein of choice (meat, poultry, seafood, etc.)
- Veggies (greens, carrots, broccoli, onions, etc.)
- Sauce / seasoning ideas:
 - Coconut aminos (AIP substitute for soy sauce)
 - Fish sauce (check ingredients)
 - Lemon, lime, or orange juice, honey or maple syrup
 - Herbs and spices of choice, including, but not limited to: garlic, ginger/ galangal, lemongrass, kaffir lime/ lime zest/lime juice, cilantro leaves/ stems, Thai basil, turmeric
- Avocado oil (for cooking; can also use coconut oil, lard, tallow, bacon grease, etc.)
- 1 Tbsp Arrowroot starch



Directions

1. Your meat will cook better when its brought to room temperature before placing on a hot wok or large sauté pan, so take your protein out of the fridge, chop/ dice/ slice your meat as desired, and let it sit out about 20 minutes before cooking. During this time, it can marinate in your sauce.
2. Marinate your meat in coconut aminos plus your choice of seasonings. We often do a basic version with: coconut aminos, pre-minced garlic in a jar (lazy garlic), and freshly grated ginger*, but there are so many different flavours you can combine like this!
3. After your meat has marinated and come to room temperature, cook it **until mostly done** (but not full cooked) in the oil of your choice in a preheated wok (**unless on an electric stove). Don't overfill the wok/ pan, because the meat will release lots of water and you want to pan-fry it, not boil it. Take protein out of the wok and set aside. Discard liquid, if needed.
4. Cook veggies with oil and sauces/ herbs/ spices of choice (the same ones you used in your marinade), starting with the veggies that take longest to cook (like carrots/ onions), and adding the ones that don't take long (like spinach/ bok choy) towards the end.
5. In a small bowl, stir together 1 Tbsp each of arrowroot starch and water until a smooth slurry (add more water if needed). Add your mostly cooked protein back into the wok with the veggies to finish cooking. Whisk the arrowroot slurry into the pan to thicken the sauce.

Tips & Variations

- *Did you know you can buy ginger root, store it in the freezer, then grate it with a microplane — without even peeling it — for on-demand ginger? I used to peel and chop ginger before freezing it, but not peeling it first is such a time saver!
- **For info on pre-heating pans before you cook with them, visit: <https://www.thespruceeats.com/heat-pans-before-cooking-995444>

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Low & Slow Pulled Pork

Serves many, depending on the size of the initial roast.

Ingredients

- 4 pounds (1.5-2kg) pork shoulder (also called a pork butt, or Boston Butt)
 - Cooking fat of choice (lard, bacon grease, olive oil, avocado oil)
 - Homemade Adobo-inspired AIP-compliant spice mix:
 - 3 Tbsp garlic powder or granules
 - 3 Tbsp sea salt
 - 2 Tbsp dried oregano
 - 1 Tbsp onion powder
 - 1 Tbsp turmeric
 - Optional: add horseradish or wasabi for a bit of a kick!
 - 1 yellow onion, roughly chopped
 - 3 bay leaves
 - 2 cups (500ml) chicken or pork broth
-

Directions

1. Preheat oven to 150°C (300°F).
2. Rub spice mix onto all sides of pork butt. In a large Dutch oven, using the cooking fat of your choice, sauté the onions until start to become translucent.
3. Push onions to the sides of the pan and place the pork butt into the Dutch oven. Sear all sides of the pork butt until nicely caramelized.
4. Pour in the chicken or pork broth and use it to deglaze the pan (scrape the browned bits off the bottom of the pan and into the broth).
5. Cover the pot with the lid slightly ajar and braise the meat for 4 hours.
6. Remove the lid, flip the pork (if needed) to make sure the meat is still sitting in the liquid and continue to bake for another hour.
7. Remove from the oven and pull the meat apart with 2 large forks (this gives it the pulled pork or shredded appearance and texture).
8. For a crispier texture (or just for variety), you can re-cook the pulled pork in some avocado oil (or bacon grease) on the stove. It's really nice in a cast iron pan where it gets a bit blackened, but not overly charred.

Tips & Variations

- This is great with the cherry balsamic dressing as a BBQ sauce substitute, or in the USA, KC Naturals has a nice AIP BBQ-style sauce.

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Thai Pork Lettuce Wraps

Serves 4.

Ingredients

- 1 pound (500g) ground pork
- 2.5 Tbsp fish sauce (taste to know how salty it is & adjust if needed — some are saltier than others)
- 1 Tbsp shredded (desiccated) coconut, unsweetened
- 1/4 cup chicken or pork broth
- 2 medium shallots
- juice from 1 lime
- 1-2 tsp honey
- 3 Tbsp freshly chopped mint leaves, chopped or cut into thin strips
- 3 Tbsp cilantro leaves, roughly chopped
- 1 head Bibb lettuce (or other lettuce leaves that make cute little bowls to eat from)

Directions

1. Marinate ground pork in 1 Tbsp fish sauce for 15 minutes.
2. While pork is marinating:
 - Peel and slice shallots into thin rounds.
 - Prepare herbs, if not already done (time-saving tip: prepare your favourite fresh herbs in advance and put them in the freezer to quickly add them to recipes year round).
 - Toast shredded coconut in a dry pan on the stovetop, stir frequently so it doesn't burn, and remove from heat when it's a nice golden-brown. Place toasted coconut in a small bowl. (Later, you can either add it to the recipe as it is, or after it's cooled down, grind it into a course powder with a mini food processor, spice grinder, or mortar and pestle.)
 - Clean the lettuce, separating the outer leaves and leaving them whole (you'll use these as little bowls/ wraps for the cooked pork mixture).
3. Simmer broth over high heat in a 12-inch (30cm) skillet, add ground pork and cook until meat is no longer pink, stirring frequently (roughly 4 minutes).
 - *Optional:* If pulverising the coconut into a powder, add 1 tsp of the powder to the pork halfway the cook time, stirring to incorporate.
4. Place pork mixture into a large serving bowl and stir in 1 Tbsp honey, the remaining 1.5 Tbsp fish sauce, shallots, lime juice, mint, cilantro, and toasted coconut (shreds or powder).

Tips & Variations

- You can also use cabbage leaves for these instead of lettuce — in that case, separate the cabbage leaves gently, keeping them whole. If using a soft cabbage, you'll just want to

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clean the leaves, if using a hard cabbage (like white or purple), cook the leaves for 30 seconds or so in the microwave until they're still crunchy but pliable enough to wrap around the pork mixture.

- Missing that traditional Thai kick of spice? Consider adding chopped raw radishes, raw onion, horseradish, or wasabi for a little hit of spice.
- Alternate serving suggestions: with cauliflower "fried rice," or over shredded cabbage

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Baked Salmon, Shrimp, & Asparagus (or Brussels Sprouts)



Make extra and add leftovers to salads for lunch, or serve over a bed of sautéed greens. If you're going to make extra, but don't want to eat in right away, consider packaging up a full, personal-sized meal to put in the freezer for later. The picture here shows leftover salmon, shrimp, & onions over a bed of sautéed spinach (with a sprinkle of sumac for that gorgeous pop of dark red). Having a full meal like this in the freezer gives you variety and convenience without requiring you to prep and cook every meal when you're hungry!

Also, I know the weights listed aren't exact conversions — I rounded them up for common sized packaging for US/ UK. Serves 6.

Ingredients

- 2 lb (1 kg) salmon fillets
- 1 lb (500g) raw shrimp, peeled and deveined
- 2 medium onions, quartered
- 1 lemon, quartered

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- avocado oil
 - sea salt, to taste
 - garlic powder, to taste
 - 1 pound (500g) asparagus (or Brussels sprouts* — see variation at end)
 - Optional: 1 tsp thyme, oregano, or sumac
-

Directions

1. Preheat oven to 220°C (425°F).
2. Arrange salmon, onion quarters, and asparagus (*or Brussels sprouts) on a baking tray. Rub with avocado oil, salt, garlic powder (to taste), and sprinkle with juice of 1/4 lemon.
3. Bake salmon and asparagus (*or Brussels sprouts) for 5 minutes. While this is happening, toss shrimp in avocado oil, salt, garlic, and juice of 1/4 lemon.
4. Place shrimp on baking tray (can be on top of salmon/ veggies) and bake another 7-9 minutes until everything is fully cooked.
5. Serve with leftover lemon wedges, a sprinkle of sumac on top (sprinkle the sumac on after cooking, to get that lovely pop of red as in the image above) and enjoy!

Tips & Variations

- To make with fresh Brussels sprouts instead of asparagus:
 - BEFORE STEP 1: Boil salted water, add Brussels sprouts and cook for 5 minutes. If you like, add a splash of lemon juice for a little extra flavour. (Boiling softens them so they don't get too crispy in the oven.)
- To make with FROZEN Brussels sprouts instead of asparagus:
 - BEFORE STEP 1: These will have been blanched at the time of processing, so you don't have to do that now. However, they should be room temperature before going into the oven, so you can either leave them out or defrost them in the microwave. This keeps them from being undercooked or getting too dried out (our son won't eat anything even slightly charred) and they'll have a nice creamy centre when they're baked. Our 6-year old says these remind him of mashed potatoes when cooked like this!



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Easy Grilled Salmon

Servings vary.

Ingredients

- Salmon fillets
 - Extra virgin olive oil or avocado oil
 - Herbs/ seasonings to consider
 - Thyme, garlic, dill weed (not seed), chives, fennel fronds (these are ideal if serving it with grilled fennel as your vegetable side), lemon wedges
 - Honey + coconut aminos + garlic + salt
 - Maple syrup + coconut aminos + ginger + salt
-

Directions

1. Season salmon as desired with oil and herbs of choice.
2. Sear flesh side over direct heat for 1-2 minutes.
3. Flip salmon onto skin side, move it to indirect heat (if cooking inside rather than on a grill, reduce to medium heat) and continue to cook until it reaches 63°C (145°F) in the thickest part of the fillet.

Tips & Variations

- Try different herbs each time you make this for variety, but don't try too many different herbs at once.

Pan-seared Tuna Steaks

These are really good with the Carrot Flatbread and Lemon Garlic Aioli or Avocado Crema.
Servings vary.

Ingredients

- Tuna steaks, sushi-grade
 - Extra virgin olive oil or avocado oil
 - Sea salt
-

Directions

1. Season tuna steak with oil and salt. Preheat a sauté pan.
2. Sear each side over direct heat for 1-2 minutes.

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AlPaella

Serves 5.

Ingredients

- Avocado oil
- 1 onion, diced
- 1/2 pound raw peeled/ deveined shrimp (prawns)
- 1/2 pound chicken thigh (raw), diced
- 1/2 pound AIP-compliant sausage, bacon, or ground pork (shaped into mini meatballs)
- 2-4 cloves garlic, minced (to taste)
- 1 tsp turmeric
- pinch of saffron (optional)
- 5 cups riced cauliflower
- 1/2 cup chicken, pork, or fish stock
- handful of fresh parsley, roughly chopped
- lemon wedges, for serving

Directions

1. Sauté onion in avocado oil until soft.
2. Cook chicken, sausage, and shrimp in with the onions.
 - **Note:** Place these into the pan in whichever order makes sense. For example, shrimp cook very quickly, so add those last... unless your sausage is already cooked, in which case, it just needs to be reheated, so it could go in at the same time as the shrimp.
3. Add in the spices and cook until they start to become fragrant. Add the riced cauliflower chicken stock, and fresh parsley.
4. Allow to simmer for 5-15 minutes until everything is fully cooked and tastes delicious. Adjust seasoning if needed, and serve with lemon wedges.

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All Recipes are Gluten, Grain, Legume, and Dairy Free

Part 6. Side Dish Recipes

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Basic Homemade Bone Broth

Serves 4.

Ingredients

- chicken, turkey, beef, pork, or wild game bones (as many as you've got and will fit in your pot)
- 1-2 Tbsp Apple cider vinegar (depending on size of pot and number of bones)
- Optional: onions, carrots, celery

Directions

1. Put the bones and apple cider vinegar into a large stock pot with water and bring to a boil.
2. Let simmer on the stovetop for 24-48 hours. (Some people continue to cook it overnight, others don't — it's all in your level of comfort and the setup in your own house as to whether this is safe or not. If you turn it off overnight, make sure you bring it back up to a boil it every morning when you start cooking it again.)
3. When finished cooking, strain liquid through a sieve to remove solids.
4. Do not strain off the fat that settles on top when the broth cools. The apple cider vinegar pulls the collagen, minerals, and other nutrients out of the bones to give you a beautiful gelatinous layer when it cools. This is why homemade bone broth is so good for your skin, hair, nails, digestive system, and joints!
5. Separate into usable portions to freeze, can (using safe home canning techniques), or refrigerate. For example, if you mostly use broth in soup, save it in 4 cup (roughly 1 litre) portions. If you mainly use it for gravy, 1 cup (240ml) portions might be more useful. You *can* also freeze it in ice cube trays, but it's more work, so I don't usually bother to do that.



Tips & Variations

- This can also be done in a slow cooker, pressure cooker, or instant pot as long as the liquid will reach a boil.
- Adding the vegetables is optional, because they add flavour to the broth. In our house, we make broth in huge batches, so we keep it simple. This way, we can adjust the flavours when we use the broth. For example, carrots add a lot of sweetness, which can overpower a delicate leek soup, so having carrots in a mega-batch of broth doesn't work for us.
- You can also use lemon juice instead of the vinegar for a lemon chicken (or turkey) broth. Whatever you do, nothing beats homemade broth ...especially for a healing chicken soup!



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Best Caramelised Onions

DO NOT use a nonstick pan; best options: stainless steel or cast iron.

Adapted from: <https://www.thekitchn.com/how-to-caramelize-onions-35933>

Ingredients

- Lots of onions (8-10 if you have a big enough pan, but at least 4 big ones since it takes a long time)
 - Avocado or olive oil
 - 1/4 cup chicken or vegetable stock (or water)
 - Optional: 1/8 tsp baking soda + 1 Tbsp water
-

Directions

1. Slice the onions. Trim the tip and root from 2 to 4 yellow onions. Halve each onion from root to stem, then remove the skins. Thinly slice each half from root to stem.
2. Heat the fat. Melt 2 tablespoons unsalted butter in a large skillet over medium heat, or heat 2 tablespoons olive oil until shimmering.
3. Add the onions. Add all the onions to the skillet and stir them gently to coat with the fat.
4. Caramelize the onions. Cook the onions, checking on them every 5 minutes. Stir the onions and scrape up any fond that forms on the bottom of the skillet with a wooden spoon. Exact cooking times will vary with the number of onions you're cooking, their liquid and sugar content, and their age.
 - **Around 10 Minutes:** Onions will start to soften and turn translucent in spots. They will release a lot of liquid into the pan.
 - **Around 20 Minutes:** Onions will be very soft and starting to break down. Some onions will start to show spots of caramelisation and you may see some fond starting to build up in the pan. They will also start to smell caramelised. Adjust the heat if the onions seem to be cooking too quickly or you notice any burnt spots.
 - **Around 30 Minutes:** Onions should be light blonde in colour and starting to become jammy. More fond is starting to build up, but it should still be fairly easy to scrape it up with the evaporating liquid from the onions.
 - **Around 40 Minutes:** Onions are golden and starting to smell very caramelised. Taste one — if you like the way they taste, you can stop now! For even deeper caramelised flavour, continue cooking.
5. Deglaze the pan and salt the onions. When your onions have finished cooking, pour in 1/4 cup broth or water. As the liquid bubbles, scrape up the fond and stir it into the onions. Use additional liquid as necessary to scrape up all the fond. Season with 1/2 teaspoon salt.
6. OPTIONAL: Add baking soda, if desired. Mix 1/8 teaspoon baking soda into 1 tablespoon water until dissolved, then add to the onions. Cook, stirring constantly, until the water evaporates, about 30 seconds.

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A Note on Puréed Vegetables...

If puréed veggies reminds you of making baby food, this might take a bit to get used to. That said, purées are great options on AIP for a few reasons.

First, if you're missing mashed potatoes, veggie purées can help fill that desire for warm, comforting, creamy goodness.

Second, if you're used to using things like ketchup and mayonnaise to moisten or flavour your meat, you'll be sorely missing them on AIP. And let's face it, sometimes those meat leftovers (like the turkey we had here tonight) dry out a bit when they're reheated. Puréed veggies to the rescue!

Veggie purées are wonderful for adding flavour and creaminess to a variety of meat dishes (think Salisbury steak, meatloaf, or even just ordinary grilled meats), or just as a warm bowl of something tasty and filling in the winter. You'll see these are super easy to make, and while I didn't add much in these recipes to let the flavours shine on their own, you can easily dress these up with herbs that pair well with whatever else you're making for the meal.

Comforting Celeriac (Celery Root) Purée

This is another nice substitute for mashed potatoes when you want a creamy side to go along with some sort of meat. If you haven't tried celeriac (also known as celery root), it's got a mild celery-like flavour, but a bit more starchy and without the stringiness so many people hate about celery. Depending on what you put with it, and the size of the celery root, this could serve 2-4 people. Serves 2-4.

Ingredients

- celeriac root, peeled and cut (the smaller the chunks, the faster they cook)
 - extra virgin olive oil
 - fresh lemon juice to taste (I like to take 1/4 of a lemon and give two good squeezes)
 - Sea salt, to taste
-

Directions

1. Boil the celery root chunks in salted water until they're soft and easily pierced with a fork (or use a pressure cooker according to its instructions).
2. Use an immersion blender (or regular blender) to purée until soft. Add extra virgin olive oil, salt, and lemon juice to taste.

Tips & Variations

- Nutritional yeast adds a slight cheesy taste and makes a nice addition to the dish as well.

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Parsnip (or Carrot) Purée

Both parsnips and carrots are quite sweet (as veggies go), so these make a nice sweet accompaniment to pork, turkey, or chicken. Servings vary.

Ingredients

- Parsnips (or carrots), peeled (if desired) and roughly chopped
 - Salt, to taste
-

Directions

1. Boil parsnips in lightly salted water until soft. Do not discard the cooking water — this has nutrients from cooking the parsnips, so we'll use it to make the purée.
2. In a high-powered blender, purée parsnips with enough cooking liquid to turn them into a smooth purée (add more or less liquid to achieve your desired texture).
3. Add salt and herbs, to taste (consider: roasted garlic cloves, herbs, or even a bit of honey).

Garlic Cauliflower Purée

Servings vary.

Ingredients

- Cauliflower, fresh or frozen
 - Garlic Cloves (consider roasting extras to save for future recipes)
-

Directions

1. Preheat oven to 180°C (350°F).
2. Roast your garlic cloves using either method below:
 - Break garlic into individual cloves, but leave on their papery skin. Roast on a baking tray for 15-20 minutes, until soft. When done, cut the tip off each clove. The garlic should be soft enough (like a paste) that you can squeeze it out of the cut off tip.
 - Peel garlic cloves completely, and toss with olive oil on a baking sheet. Roast 15-20 minutes, turning halfway so they don't burn.
3. Cook cauliflower in pressure cooker according to directions. (You can also steam it on the stovetop or in the microwave.)
4. Purée or mash with a little of the cooking water and roasted garlic. (We often just blend it in the VitaMix to make it super quick and easy.)
5. Add salt to taste.

Anti-inflammatory Recipes

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AIP Champ — Mashed Cauliflower w/ Green Onions

Servings vary.

Ingredients

- Cauliflower, fresh or frozen
- Green onions
- Olive or avocado oil

Directions

1. Cook cauliflower in pressure cooker according to directions. (You can also steam it on the stovetop or in the microwave.)
2. While cauliflower is cooking, slice green onions on a diagonal (looks prettier than just slicing straight into rings. Set aside raw green onions for garnish. Sauté the rest of the green onions in olive or avocado oil.
3. Mash cauliflower with a little of the cooking water and smashed roasted garlic cloves (optional). (We often just blend it in the VitaMix to make it super quick and easy.)
4. By hand, fold in sautéed green onions.
5. Add salt to taste. Garnish with reserved green onions

AIP Colcannon — Mashed Cauliflower w/ Sautéed Cabbage

Servings vary.

Ingredients

- Cauliflower, fresh or frozen
- Cabbage, green or red
- Olive or avocado oil

Directions

1. Cook cauliflower in pressure cooker according to directions. (You can also steam it on the stovetop or in the microwave.)
2. While cauliflower is cooking, slice cabbage. Sauté the cabbage in olive or avocado oil.
3. Mash cauliflower with a little of the cooking water and smashed roasted garlic cloves (optional). (We often just blend it in the VitaMix to make it super quick and easy.)
4. By hand, fold in sautéed cabbage.
5. Add salt to taste.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Cauliflower Rice

This is an AIP and Paleo staple — and it's so easy to make! Servings vary.

Ingredients

- 1 head cauliflower (can also use a bag of cauliflower florets, but don't over-blend)
 - Cooking fat of choice
 - Herbs and salt, to taste
-

Directions

1. Before cooking, chop cauliflower in food processor or high-powered blender.
2. Sauté chopped cauliflower pieces in cooking fat of choice.
3. Season with herbs and salt to taste.

Grilled/ baked sweet potato

This is another staple, and it's great to make a few of these ahead of time so they're ready whenever you get peckish. Note: "baking" these on the grill (lid closed) gives you less cleanup... especially if you're already grilling something else for dinner. Just put these babies on in advance, and put your meat on when they're nearly done. Servings vary.

Ingredients

- Sweet potatoes, whole and cleaned
-

Directions

1. Grill option: Place whole sweet potatoes on the grill with the lid closed. Cook until flesh is easy to pierce with a fork (45-60 minutes, depending on size).
2. Baking option:
 - F. Preheat oven to 200°C (400°F). Optional: rub sweet potatoes with a light coating of avocado oil and salt.
 - G. Bake on a baking tray or dish until flesh is easy to pierce with a fork (45-60 minutes, depending on vegetable size).

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Onions & Apples

This is excellent with pork chops (or pork of any kind), roast turkey, or chicken. Servings vary.

Ingredients

- 4 yellow onions, sliced
 - 2 apples (any kind you like), peeled, cored, and cut into bite-sized chunks
 - Avocado (or coconut) oil, for cooking
-

Directions

1. In a deep skillet, sauté onions in avocado oil until they start to become translucent.
2. Add apple chunks and cook until soft (but not mush).
3. Enjoy!

Tips & Variations

- For the onion to apple ratio, we prefer double the number of onions to apples (2:1), so it's essentially an onion dish that's sweetened with apples. You can, however, adjust the ratio to whatever you like!
- Cabbage makes a great addition to this dish. Add it into the pan after the onions, but before the apples.

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Homemade Applesauce

Serves many.

Ingredients

- Apples, as many as you want to do (I like to do at least 12 at a time)
- Water

Directions

1. Peel, core, and cut the apples. (You can also grate them — the smaller the apple pieces, the faster it will cook down.)
2. Place apple pieces in an appropriately sized pan with an inch or two of water at the bottom (to prevent burning and help them cook down faster).
3. Cook until apples reach your desired texture. **Watch these closely** — if you don't stir frequently, they will burn. (If you can't watch them the whole time, consider doing them in a pressure cooker instead, following machine instructions.)
4. If you want really smooth applesauce, cook apples down until soft then use an immersion blender to purée smooth.



Pressure Cooker/ Instant Pot Applesauce

Makes 4 cups of applesauce.

Ingredients

- 10 Apples
- 1/2 cup water or unsweetened apple juice

Directions

1. Peel, core, and cut the apples. Place apples and liquid into inner pot of pressure cooker.
2. Using the manual or high pressure setting, cook for 5 min.
3. Release pressure, and mash apples with a potato masher or using an immersion blender.
4. In an instant pot, use the sauté function on the low temperature setting — stirring constantly — to cook off the excess liquid. (You can also do this on the stovetop.) Do this until you get a consistency you like, being careful to stir continuously so it doesn't burn applesauce (mine took about five minutes).
5. When you turn off the instant pot, be aware it will keep cooking (because it's still very hot) so continue stirring until the pot cools down. (You can, of course, remove the inner part from the outer part so it will cool faster, but I like to get as much liquid cooked out of the applesauce as possible, so I use this few minutes to keep it cooking and reducing at a much lower temperature.)

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Cranberry Sauce

Makes 8 cups.

Ingredients

- 4 pounds fresh or frozen cranberries*
 - 2.25 cups coconut sugar (or honey or amber maple syrup, to taste)
 - 1 tsp ground ginger
 - zest of 1 medium lemon or orange
-

Directions

1. Pour 2 bags of frozen cranberries directly into a 4-quart stockpot and cook over medium heat. You don't need to defrost them or add anything else to the pot. Stir frequently as they reduce.
2. As they cook down, you'll hear little popping sounds and begin to see liquid releasing into the pan. Keep stirring.
3. When there's room in the pot, add the other 2 bags of cranberries. Stir as they reduce.
4. When about half or two-thirds of the cranberries are dissolving into the sauce, reduce heat to medium low and continue stirring.
5. If you get impatient (like I do), when most of the cranberries have cooked down, you can use your wooden spoon to crush the ones that are still intact against the sides of the pan. (You can do this all along, but if you do it too early, they'll jump out of the pan and explode all over you...don't ask how I know this....)
6. Reduce heat to low and add coconut sugar, stirring to combine. Taste to make sure it's at your desired level of sweetness BEFORE adding the other spices.
7. Add the ginger, and lemon zest (I use a microplane to zest it right into the pot). Adjust spices to taste.
8. Cool (overnight if possible) and serve chilled. Also freezes well.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Honey Bacon Sautéed Greens

Servings vary.

Ingredients

- 2-3 pieces AIP-compliant Bacon (or 1 Tbsp bacon grease)
 - 1 Onion, finely sliced (can use 1-2 shallots instead)
 - 2 Tbsp Apple cider (or red wine) vinegar
 - 1 clove Garlic, minced
 - 1-2 tsp Honey (or Maple syrup)
 - 1/4 tsp Sea salt
 - Optional: Horseradish root (to taste, see note about grating it in recipe)
 - 2-3 bunches of dark leafy greens of your choice (spinach, Swiss Chard, etc.)
-

Directions

1. Dice bacon, then cook it until crispy. Remove bacon with a slotted spoon, and set aside.
2. Sauté diced onion in bacon grease over medium heat until onions are translucent, then remove excess bacon grease from the pan.
3. Add vinegar, garlic, maple syrup, and salt to the onions, and cook over medium heat until fragrant. Taste and adjust seasoning if desired.
4. Sauté greens in the dressing, adding a few handfuls to the pan at a time, until greens have fully cooked down.
5. *Optional (Horseradish):*
 - Add grated horseradish in the last few moments of cooking (you don't typically cook it, or if so, not for long) — just long enough to combine with everything else.
 - *If grating fresh horseradish (as opposed to grated horseradish in a jar with vinegar),* do it in a well-ventilated space (and freeze the leftover grated horseradish in single use portions). Typically you add vinegar to horseradish to keep it's flavor over time. Adding vinegar *immediately* after grating will make it relatively mild, while waiting for 3 minutes is said to let it reach its maximum heat, so keep that in mind when planning your recipe timing.
6. Enjoy.

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Garlic Roasted Broccoli (or Cauliflower or Romanesco)

Serves 4-6.

Ingredients

- 1 kg broccoli florets (or cauliflower or romanesco)
- 6 cloves garlic (leave paper still on)
- 1/4 cup avocado oil (or melted coconut oil)
- salt to taste

Directions

1. Preheat oven to 230°C (450°F) convection bake.
2. Toss broccoli and garlic cloves in melted coconut oil (or avocado oil). Sprinkle with salt, to taste.
3. Stir every 10 minutes, roasting for a total of 40-45 minutes or until crispy. They shouldn't all be blackened, but believe it or not, a few of them cooked crispy is pretty tasty....

Roasted Brussels Sprouts

Cook time on these will depend on whether you've used fresh or frozen Brussels Sprouts. Frozen ones are typically blanched first, so they are partially cooked, and only need to be defrosted before roasting. You can roast them raw, but the leaves will get crispier and possibly charred. Servings vary.

Ingredients

- Brussels Sprouts (fresh or frozen)
- Avocado Oil (or bacon grease or lard or duck fat or coconut oil)
- Salt + Herbs of choice: thyme, oregano, garlic (powder or cloves), etc.
- Optional: balsamic vinegar to drizzle on after cooking

Directions

1. Preheat oven to 180°C (350°F).
2. FRESH Brussels Sprouts: Boil salted water, add Brussels sprouts and simmer for 5 minutes. If you like, add a splash of lemon juice for a little extra flavour.
3. FROZEN Brussels sprouts: Defrost Brussels sprouts completely. We find the frozen ones have a nice creamy centre when roasted. Our somewhat picky 6-year old says they remind him of mashed potatoes when cooked like this!
4. Roast for 30 minutes.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Whole Roasted Cauliflower

*I first saw this on Master Chef Australia, but did a little internet search to find more ideas. There are plenty of variations on this, but the original is **simply fantastic** as it is. It's hands-down my new favourite way to eat cauliflower — with nothing but olive oil and sea salt. Cooking it so the florets are crispy makes it almost popcorn-like... but, IMHO, **better** because there are no kernels to stick in between your teeth (and it's AIP-compliant!).*

*The **texture** of this is great too — it's crispy on the outside and soft as butter on the inside. Serves 4.*

The original recipe can be found here: <https://www.haaretz.com/food/2021-08-04/ty-article-recipe-ext/.premium/how-an-israeli-chefs-cauliflower-recipe-took-over-the-world/0000017f-db80-d856-a37f-ffc085400000>

Ingredients

- Whole head of raw cauliflower (leaves on or off — your preference)
 - Olive or avocado oil (or melted bacon grease/ lard/ duck fat/ coconut oil)
 - Sea salt
-

Directions

1. Preheat oven to 220°C (430°F) and place whole cauliflower head into a large pot of salted water on the stove.
2. Cover the pot with a lid, bring water to a boil, and simmer for 10 minutes for a small-medium cauliflower, and 15 minutes for a large cauliflower. (You can also steam it in the microwave if you're in a hurry.) Place cauliflower in a colander and let it drain.
3. Using your hands, rub the cauliflower head all over with oil and sprinkle with sea salt (or Himalayan pink salt).
4. Roast at 220°C (430°F) until the head is golden-brown all over
5. Serve whole.

Tips & Variations:

- Drizzle with maple syrup to make this into a salty-sweet, caramel-corn-like, AIP-compliant late night snack! (I'd eat it hot like this, and with a fork... but yum for the salty-sweet!)

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Easy Roasted Butternut Squash

You can dice the squash in advance and roast it, but this is SO MUCH EASIER. Seriously — the other way is exhausting in comparison.... Serves 2-4. Can also use acorn squash or pumpkin.

Ingredients

- 1 whole butternut squash
-

Directions

1. Preheat the oven to 190°C (375°F) convection (fan) bake.
2. To easily roast butternut squash, cut in in half lengthwise, scoop out the seeds/ stringy bits, and place in a baking dish, flesh sides up.
3. Brush the top of each half with coconut or avocado oil and add a sprinkle of salt.
4. Turn the halves upside down and bake for 45-50 minutes until the flesh is soft and tender.
5. To serve, scoop out the soft flesh of the squash, and enjoy!

Tips & Variations

- You can also steam a butternut squash half in the microwave — just put it in a microwaveable dish with a little water in the bottom to steam it.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

David's Famous Oven-baked Sweet Potato Fries

Servings vary.

Ingredients

- Sweet potatoes, peeled and cut into finger-sized fries
- Coconut oil
- Sea salt, to taste
- Optional herbs: cinnamon, thyme, garlic powder, etc. (pick 1-2, not all at once!)

Directions

1. Preheat the oven to 190°C (375°F).
2. Place sweet potato fries into oven with a heaping scoop of coconut oil on a large baking tray.
3. You're going to bake these for a total of 25-30 minutes, but watch these and pull them out as soon as the coconut oil has melted (5 minutes, max).
4. Remove tray from oven, sprinkle salt (and optional herbs) on top, and stir to coat sweet potato fries with the melted coconut oil and herbs.
5. Return seasoned fries to oven and continue baking for a total of 25-30 minutes, until desired texture is reached.

Tips & Variations

- Avocado oil is a relatively flavourless oil, so you can use that if you prefer, but we like the added sweetness of the coconut oil.
- Consider adding herbs and spices — pick one to start and then use a different herb or spice next time. This adds variety and makes it feel different even if (like us) you love these enough to make them a few times a week!

David's Famous Oven-baked Carrot (or Parsnip) Fries

Make these the same way as the sweet potato fries in the recipe above. Cut the carrots into finger-sized fries, and feel free to peel them, or not. (Growing up, we always peeled our carrots, so it didn't occur to me that this was unnecessary!) You can also drizzle these with a bit of honey before serving for a little extra sweetness.

Roasted Root Vegetables

You'll also make these the same way as the sweet potato fries, but you can use any combination of root vegetables and cut them into chunks rather than fries. Just be aware that different root veggies may take different times to cook, so cut the harder veggies (like turnips or parsnips) into smaller pieces, while leaving the softer veggies (like carrots) bigger. This will help equalise the cook times.

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Paleo Dressing (Stuffing)

Servings vary, depending on how it's served.

Ingredients

- 1 lb ground pork
 - 1 onion chopped
 - 5 stalks celery chopped
 - 1 sweet potato
 - 3 garlic cloves
 - 1 Tbsp fresh sage
 - 1 Tbsp fresh thyme
 - 2 Tbsp fresh rosemary
 - 1 tsp salt
 - 1/4 turkey drippings or bone broth
-

Directions

1. Cube sweet potato and cook in oven at 205°C (400°F) for about 20-30 minutes. Set aside and let cool. Lower oven temperature to 180°C (350°F).
2. Brown ground pork while adding herbs and salt. Using slotted spoon, remove ground pork and add to cubed sweet potato in casserole dish.
3. Sauté onions, celery, and garlic in pork drippings until soft. Add to sweet potato/ pork mixture.
4. Gently mix until combined, and pour turkey drippings / bone broth over mixture.
5. Bake at 180°C (350°F) for about 30 min until top is gently browned.
6. Enjoy!

Anti-inflammatory Recipes

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Easy Carrot Apple Salad

This is a delicious salad that doesn't require any dressing due to the innate deliciousness of the apple-carrot combination! Serves 1-2 people.



Ingredients

- 1 raw carrot
- 1 raw apple (variety of your choice)

Directions

1. Peel the apple, then grate it using a box grater or in a food processor. Compost the apple core and skins.
2. Grate the carrot (don't bother peeling it).
3. Use a fork to mix together the grated apple and carrot.
4. Enjoy!

Tips & Variations

- You can add raisins or cranberries to this salad — but check first to make sure they're not sweetened (unless with apple juice) and coated with non-compliant seed oils (sunflower oil is common and not AIP-compliant).
- Instead of carrots, use fennel and dress the whole salad with the homemade vinaigrette from the lunch recipes section.

Anti-inflammatory Recipes

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Fennel Apple Slaw

I was never super keen on fennel, but was looking for something new to add to my repertoire. This recipe has a mild fennel flavour that's balanced beautifully by the lemon, olive oil, & apples. The radishes/ shallots aren't necessary, but add a bit more interest and colour. Serves 4.

Ingredients

- 2 medium apples
- 2 small fennel bulbs (same size as apple)
- 2 small radishes
- 2 small shallots (same size as radish), or 1 medium shallot
- juice of 1/2 lemon
- drizzle of Extra Virgin Olive Oil (to taste)
- pinch sea salt



Directions

1. Finally chop fennel bulbs, reserving the fronds for garnish.
2. Peel apples. Grate apples on the largest section of a box grater (note: if you will be leaving the apple shreds for any length of time before combining with the vegetables, toss them in lemon juice so they don't turn brown).
3. Grate radishes.
4. Finally chop shallots.
5. Mix prepared vegetables together and drizzle with lemon juice, extra-virgin olive oil, and salt.
6. Stir to combine.
7. Top with fennel fronds to garnish.
8. Enjoy!

Tips & Variations

- Celery would probably make a nice addition to this as well, if you wanted to add in some additional veggies.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Honey Vinegar Cole Slaw

Serves 6-10 (depending on size of cabbage, and whether you use a quarter or a half of it).

Ingredients

- 1/4 — 1/2 head of green or red cabbage, finely sliced
 - 1 small carrot, grated
 - 1/2 yellow or red onion, sliced
 - 2-4 red radishes, thinly sliced or julienned (optional)
 - 1/3 cup apple cider vinegar
 - 2 Tbsp extra virgin olive oil
 - 1 Tbsp honey
 - 1/4 tsp salt
 - Optional: add a little horseradish or wasabi (check ingredients) for an added kick
-

Directions

1. Combine cabbage, carrot, onion, and radishes in a large bowl.
2. In a small bowl, combine apple cider vinegar, olive oil, honey, salt, and horseradish or wasabi, if using. Taste and adjust, as desired.
3. Toss vegetables with dressing and serve.

Tips & Variations

- Cabbages can vary widely in size, so it's great to prep your vegetables and then mix in the amount you want. Prefer more carrots, then add them! Prefer more radishes, go for it!
- Since these veggies can require a lot of prep work, you can also prep them in advance, and use the extra veggies for other salads or stir fries — depending on your meal plans for the week. (You can also do this if you're not sure you'll like the dressing in this one! ;-))

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Quick Bread & Butter Pickles (Prep 3 hours in Advance)

These don't take a lot of time to make, but they require time to sit, so prep these at least 3-4 hours before serving. Servings vary.

Ingredients

- 1 pound cucumber(s), sliced into thin rounds
- 1 yellow onion, thinly sliced
- 1 Tbsp sea salt
- 1 cup apple cider vinegar
- 1/4 cup honey
- 1/8 tsp ground turmeric
- 1/8 tsp ground ginger

Directions

1. Place sliced cucumber and onions into a colander over a bowl and toss with 1 Tbsp sea salt. Let sit for 1 hour (discard liquid when done).
2. In a large saucepan (big enough to hold your brine and veggies), bring vinegar, honey, and turmeric to a boil.
3. Reduce heat to low. Add cucumbers and onions to the brine and press them down into the liquid so they're submerged.
4. Cover with a lid and cook for about 5 minutes or until the cucumbers turn a dull olive green/brown color.
5. Refrigerate veggies uncovered for 2 hours (or more) in an uncovered glass bowl.
6. Transfer to a large mason jar (or other glass container with a lid) for storage in the refrigerator.



Tips & Variations

- This recipe is NOT suitable for long-term pickle storage — that requires canning and different ingredients to hold up over an extended time. This is a great way to use those cucumbers that were getting mushy in the fridge and is EXCELLENT with the Low & Slow Pulled Pork.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

AIP/ Gluten-free Flatbread — “How To” Photos

Most AIP/ paleo tortilla recipes have only a few steps and look really easy, but I have tried SO MANY recipes over the years, and every single one has fallen flat. I've tried rolling them, pressing them into shape, and I even borrowed a tortilla press to see if that made a difference (it didn't). Each recipe failed, typically because the dough is much wetter than wheat dough and it always sticks to either the pan or whatever you've rolled them out on or pressed them into. Some people say to roll them out in plastic wrap (cling film), while others suggest foil or parchment paper. I had low expectations when I first made this recipe, so I ventured to try a crazy new technique that popped into my head, and VOILA! I finally had AIP tortillas! Just make sure your dough has time to rest so the flour can fully hydrate.



Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

AIP Tortillas / Tacos / Wraps (Basic Recipe)

For process photos, please see "AIP/ Gluten-free Flatbread — "How To" Photos." Makes 6 tortillas (roughly 5-6" in diameter).

Ingredients

- 120g cassava flour
- 8g coconut flour (1 Tbsp)
- 1/4 tsp sea salt (1/2 tsp for saltier flavour to imitation that of a corn taco ...without the crunch)
- 1/8 tsp baking soda
- 1/4 tsp creme of tartar
- *Optional: herbs/ spices for additional flavours*
- 2/3 cup warm water
- 3 Tbsp olive or avocado oil
- 1/2 tsp apple cider vinegar



Directions

1. In a medium bowl, mix together dry ingredients (cassava, coconut, salt, baking soda, creme of tartar, and any herbs you're adding to the dough — in the photos I added turmeric which made these look more yellow than normal).
2. In a separate bowl, mix together water, oil, and vinegar.
3. Pour the liquids into the dry ingredients and stir with a spoon.
4. Let dough rest for at least 5-10 minutes (I've left it up to 30 minutes) while continuing with step 5. This lets the dough hydrate more completely, resulting in a better texture.
5. Prep your parchment paper by cutting 12 pieces that are roughly 7-8 inches (19cm) wide. If you have room to lay them out, do so now. If you only have room to lay out some of the sheets, try to lay out at least 6 of them. (This lets you avoid having to wash your hands multiple times while handling the dough.)
6. Using your hands, do a final mix of the dough, and separate it into two equal halves. Separate each half into 3 equal portions (giving you a total of 6 portions). If you want to be more precise, I find dough balls that are 50g in weight are the right size for our household.
7. For each portion of dough, prepare as follows:
 - Roll dough into a smooth ball in your hands and place one on each of the first 6 floured parchment paper sheets.
8. Place a second floured parchment paper sheet on top of each ball of dough — flour side touching the dough (this keeps them from sticking to the rolling pin).
9. Using a rolling pin (or clean glass water bottle) gently roll out each ball of dough so it's 5-6" (14cm) in diameter and no thicker than 1/4" or 1/2 cm thick. BE CAREFUL not to press too

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hard, because the biggest difficulty of the recipe is getting these off the parchment paper to cook them (which is near impossible if you roll these too thin).

10. Once all your tortillas are rolled out, preheat a nonstick skillet over medium-high heat. While the pan is heating, gently peel the top layer of parchment paper off each tortilla, taking care not to remove the dough when you peel it off (this is where flouring the parchment paper makes all the difference).
11. Check to make sure your pan is evenly preheated. I check in one of this two ways: (a) by placing my hand a few inches over the cooking surface to feel if enough heat is radiating off it, or (b) wet your fingers with a few drops of water from the sink and flick those droplets onto the pan. If they sizzle and evaporate, your pan is hot enough. If not, wait and try again.
12. Cook the tortillas one at a time, as follows:
 - DO NOT try to take the tortillas off the parchment paper sheets.
 - Instead, lift the parchment paper sheet with the tortilla dough and place it — dough side down — onto the dry, preheated, nonstick skillet.
 - Gently peel the parchment paper off the dough, using a thin silicone or metal spatula to help you keep the dough from breaking or cracking. (Be gentle and patient!)
 - Cook for approximately 2 minutes on the first side, until the edges start to rise up instead of laying totally flat.
 - Use the edge of your spatula to gently check the underside of the tortilla, looking for light golden brown spots on the cooked surface.
 - Flip the tortilla and cook for another 1-2 minutes until both sides look done. The dough might still look a bit moist, but it should flip easily without sticking to the pan.
13. To keep the cooked tortillas from getting soggy, place them on a wire rack until all 6 are finished. Serve warm or room temperature.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

AIP Mediterranean Tortillas / Tacos / Wraps

Makes 6 tortillas (roughly 5-6" in diameter).

Ingredients

- 120g cassava flour
 - 8g coconut flour (1 Tbsp)
 - 1/4 tsp sea salt
 - 1/8 tsp baking soda
 - 1/4 tsp creme of tartar
 - 1 tsp dried garlic powder
 - 1 tsp dried onion powder
 - 1 tsp dried oregano
 - 1 tsp dried thyme
 - 1 tsp dried rosemary
 - 2/3 cup warm water
 - 3 Tbsp olive or avocado oil
 - 1/2 tsp apple cider vinegar
-

Directions

1. Make according to steps and using the technique for "AIP Tortillas / Tacos / Wraps (Basic Recipe)" adding the herbs to the dry ingredients in step 1 of the directions.

Tips and Variations

- If you prefer this to the 3-ingredient flatbread, consider making a dry mix for quicker preparation. Store it in a reusable, airtight, glass container (like a mason jar), and place a note on the outside with a list of wet ingredients to add to the dry mix.
- Easy version: 130g cassava flour + 1/4 tsp. salt + 125g coconut yogurt (AIP-compliant) + 1tsp each of garlic powder, onion powder, dried oregano, dried thyme, dried rosemary

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

AIP Garlic Tortillas / Roti / Wraps

Makes 6 tortillas (roughly 5-6" in diameter).

Ingredients

- 120g cassava flour
- 8g coconut flour (1 Tbsp)
- 1/4 tsp sea salt
- 1/8 tsp baking soda
- 1/4 tsp creme of tartar
- 1-2 Tbsp minced garlic
- 2/3 cup warm water
- 3 Tbsp olive or avocado oil
- 1/2 tsp apple cider vinegar



Directions

1. Make according to steps for "AIP Tortillas / Tacos / Wraps (Basic Recipe)" and following the images in the "AIP/ Gluten-free Flatbread — "How To" Photos."
2. Add the herbs to the dry ingredients in step 1 of the directions.

Tips and Variations

- If you prefer this to the 3-ingredient flatbread, consider making a dry mix for quicker preparation. Store it in a reusable, airtight, glass container (like a mason jar), and place a note on the outside with a list of wet ingredients to add to the dry mix.
- Easy version: 130g cassava flour + 1/4 tsp. salt + 125g coconut yogurt (AIP-compliant) + 1-2 Tbsp minced garlic

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

4-ingredient Flatbread / Tortillas / Dinner Rolls

Makes 12.

Ingredients

- 260g cassava flour
- 0.5 tsp salt
- 1 tsp baking soda
- 350g coconut yogurt (AIP-compliant)

Directions

1. Mix ingredients with a spoon until the dough starts to come together (including any optional herbs/ spices), then knead it with your hands and shape into a round ball.
2. Separate ball of dough into halves, then separate each half in half again. Continue until you have golfball-sized portions of dough (approximately 50g each). If making dinner rolls, roll them until they're smooth and bake at 200 (400°F) for 15-20 minutes until they're browned and a toothpick inserted in the centre comes out clean.

Note: if adding any extra herbs and seasonings to the dough, break off a small bit of dough and make a tester (following steps 3-6 below) to make sure you like the seasoning (it's a lot of work if you don't like the seasoning in the end!). Adjust herbs, as needed.

3. Roll each portion of dough into a thin round between 2 sheets of parchment paper. Peel the top piece of parchment paper off the uncooked dough.
4. Pre-heat a dry nonstick skillet (no oil). You want it hot enough that a drop of water flicked on the surface will sizzle audibly.
5. Following the images and directions in the "AIP/ Gluten-free Flatbread — "How To" Photos" place the dough round on the skillet and peel off the parchment paper (once it's in the pan).
6. Cook the tortilla for 2 min over medium-high heat (the dough will start to look more dry and get little golden brown spots when you peek at it). Flip and cook for another 2 minutes on the other side.
7. Serve warm, and assign a dragon to guard them ...if there are any leftovers.



Tips & Variations

- Add herbs that pair with the rest of your meal to the ingredients in step one, for endless variations!
- Don't like or can't get cassava? Substitute 130g of coconut flour plus 130g of tapioca starch for the 260g of cassava flour, though this will give it a slightly sweet, coconut flavour, so consider adding some garlic or herbs to change the flavour.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Carrot Flatbread

These are really good with Pan-seared Tuna Steaks (or canned tuna in a pinch!) and Lemon Garlic Aioli or Avocado Crema. Makes 12 flatbreads.

Ingredients

- 300g cassava flour
- 3/4 tsp salt
- 400g coconut yogurt (AIP-compliant)
- 1 Tbsp minced garlic
- 200g (2 cups) shredded carrot

Directions

1. Mix flour, salt, yogurt, and garlic with a spoon until the dough starts to come together, then knead it with your hands and shape into a round ball.
2. Incorporate the grated carrot into the dough while kneading the dough on a lightly floured surface.
3. Separate ball of dough into halves, then separate each half in half again. Separate each of those 4 sections into 3 equal portions, for a total of 12 portions of dough.

Note: feel free to use a small bit of dough and make a tester flatbread following the step below to make sure you like the seasoning (it's a lot of work if you don't like the seasoning in the end!).

4. Roll each portion of dough into a thin round between 2 sheets of parchment paper. Peel the top piece of parchment paper off the uncooked dough.
5. Pre-heat a dry nonstick skillet (no oil). You want it hot enough that a drop of water flicked on the surface will sizzle audibly.
6. Following the directions in the "AIP Tortillas / Tacos / Wraps (Basic Recipe)" and process photos in the "AIP/ Gluten-free Flatbread — "How To" Photos" place the dough on the skillet and peel off the parchment paper (once it's in the pan).
7. Cook the flatbread for 2 min over medium-high heat (the dough will start to look more dry and get little golden brown spots when you peek at it). Flip and cook for another 2 minutes on the other side.
8. Serve warm.



Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

AIP/ Gluten-free Gnocchi — “How To” Photos

This recipe is surprisingly easy, but it helps to see some photos to understand how to make these lovely little pasta morsels. After making the dough, roll it into logs that are roughly the girth of your thumb. Cut into 1-inch sections, smooth the edges (if needed), then use the back of a fork to press little ridges into each gnocchi.



Once your gnocchi are formed, boil them in salted water until they float to the surface. Remove them with a slotted spoon and place on a rack over a tray to dry.

Finally, sauté them in your AIP cooking fat and herbs of choice to finish and caramelise the pasta.

Top with fresh herbs, sautéed veggies, meat, or even fruit...use your imagination! :-)



Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

SO FREAKIN' EASY Sweet Potato Gnocchi (Make Ahead & Freeze)

How have these not been in my life longer?? They're so easy ...especially when you've pre-baked the sweet potatoes already. See "AIP/ Gluten-free Gnocchi — "How To" Photos" for process photos. Serves 4 (as a side) and makes around 80 gnocchi.

Ingredients

- 3-4 medium sweet potatoes (must weigh OVER 500g or 1.1 lbs)
- 125g cassava flour
- 25g coconut flour

Directions

1. Bake sweet potatoes at 200°C (400°F) for 45-60 minutes, until you can easily pierce the flesh with a fork. Allow to cool at least until they're cool enough to peel and discard the skins. (Note: I like to do this earlier in the day — or the week — to make dinner prep go faster.)
2. Use an immersion blender (or stand blender or food processor) to blend the sweet potato into a silky smooth purée. Make sure there are NO stringy bits!
3. Measure out exactly 500g of the sweet potato purée. Save the rest for another meal or snack (although... once you've made the dough enough to know what it should feel like, you can wing it a bit — just also add more flour based on the total volume of sweet potato purée so that your dough is the right consistency).
4. Using a spoon or a fork (I know, we're super-high-tech here ;-)), mix the cassava and coconut flours into the sweet potato purée.

Note: This should result in a slightly sticky and dry dough. Test it by rolling a small piece into a ball to see how it holds together. If it's too sticky or if it feels like it will not hold together, you may need to add a little more flour. If it's too dry and doesn't stick to your fingers at all, it may have too much flour.

5. Roll the gnocchi into logs approximately the girth of your thumb. Cut into 1-inch sections, smooth the edges (if needed), then use the back of a fork to press little ridges into each gnocchi. (Note: the ridges aren't necessary, but they look so pretty!) When you're about halfway done prepping your gnocchi, start a pot of salted water boiling on the stove. (Your water should be as "salty as the sea" to quote MasterChef Australia.)
6. Boil gnocchi in your salted water, watching them closely. Once the gnocchi float to the surface, use a slotted spoon to remove them from the water, setting them on a rack over a tray to dry. Once they're all cooked, you can either: freeze them for a fast future meal, move onto step 7, or use them as a basis for the next recipe (Sage & Olive Oil Gnocchi).
7. To serve, sauté gnocchi a few minutes per side in olive oil, avocado oil, or lard.



Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Sage & Olive Oil Sweet Potato Gnocchi (+ optional Bacon and Cranberries)

You can mix dried, powdered sage directly into the dough if you KNOW you want to make this version of gnocchi. I like to leave the herbs out though so I can change the labour profile depending on what else we're having. Serves 4 as a side or 2 as a meal.

Ingredients

- 1 recipe "SO FREAKIN' EASY Sweet Potato Gnocchi", boiled but not sautéed
- Olive oil, for cooking
- Sage, to taste (you can use either dried & powdered sage OR a whole bunch of fresh sage leaves)
- Sea salt, to taste
- *Optional: diced bacon (or pancetta or loose pork sausage — check ingredients for disallowed ingredients like nitrates/ nitrites, if not using the recipe in this book)*
- *Optional: cranberries, soaked in water to rehydrate a bit (check cranberries to ensure there are no dis-allowed ingredients like sunflower oil or sugar; juice-sweetened is okay)*



Directions

1. If using diced bacon (or sausage), cook it up in a large skillet over medium heat. Remove meat from the heat and set aside.
2. Sauté gnocchi in the bacon grease and/or olive oil over medium heat (read this step fully before you begin).

If using dried sage, simply sprinkle it into the oil while cooking the gnocchi. If you're using fresh sage leaves, fry them in the bacon grease/ olive oil, watching them closely — they'll only take about 30 seconds each to get crispy. As soon as they're crisped up, remove them and set them aside, using them as a beautiful, edible garnish after the gnocchi are cooked.

Note: Don't stir, simply place the gnocchi in the pan and let it cook for a few minutes before flipping it over. That's how you get that lovely charred caramelisation — by **not** moving it!

Also, you may have to do this in batches. If so, you may need to add more oil later on, so if you're using dried sage, make sure you add some more when you add more oil.

3. Drizzle with olive oil, fried sage (if using whole leaves), diced bacon, (optional) cranberries, and sprinkle with sea salt (or Himalayan pink salt).
4. Enjoy!

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Spiced Butternut Squash Gnocchi

See “AIP/ Gluten-free Gnocchi — “How To” Photos” for process photos. Serves 4 as a side dish (makes about 60 gnocchi).

Ingredients

- 450-500g (1 pound) butternut squash, cut in half with seeds and strings removed
- 75g cassava flour
- 25g coconut flour
- Optional herbs/ spices:
 - 1/4 tsp dried, powdered curry leaves
 - 1/4 tsp ground turmeric
 - 1/4 tsp sea salt
 - 1/2 tsp Ceylon cinnamon
 - 1/8 tsp powdered ginger



Directions

1. After halving and removing seeds/ strings, bake the butternut squash for 45-50 minutes at 190°C (375°F).
2. Scoop the squash out the skin and purée to a smooth texture using an immersion blender, stand blender, or food processor.
3. Place butternut purée back into the oven at 180°C (350°F) to evaporate the excess liquid. Check and stir the purée every 5 minutes (more frequently as it gets close to being done) to make sure it doesn't burn. I usually do this with squash that has been made previously and cooled, so from room temperature, this takes about 30 minutes. It will go faster if your squash is already hot from baking.

Note: this dried out the squash so it'll make a better dough. If you don't dry out the squash, you'll have to add more flour, which can make the gnocchi feel heavy and gluey. Be aware this will reduce your final volume of squash by (roughly) 25%, so 400g of purée should reduce down to the 300g you'll need for the dough.

4. Measure out exactly 300g of the butternut purée. Save the rest for another meal or snack.
5. Using a spoon or fork, mix in any optional dried herbs or spices (fresh herbs should be added as a garnish just before serving) and taste. Make sure you like the flavour, then add in the cassava and coconut flours.

Note: This should result in a slightly sticky and dry dough. Test it by rolling a small piece into a ball to see how it holds together. If it's too sticky or if it feels like it will not hold together, you may need to add a little more flour. If it's too dry and doesn't stick to your fingers at all, it may have too much flour.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

6. Roll the gnocchi into logs approximately the girth of your thumb. Cut into 1-inch sections, smooth the edges (if needed), then use the back of a fork to press little ridges into each gnocchi. *(Note: the ridges aren't necessary, but they look so pretty!)*

When you're about halfway done prepping your gnocchi, start a pot of salted water ("salty as the sea") boiling on the stove. (1 Tbsp salt in 1.5 litres of water works nicely.)

7. Boil gnocchi in your salted water, watching them closely. Once the gnocchi float to the surface, use a slotted spoon to remove them from the water, setting them on a rack over a tray to dry. Once they're all cooked, you can either: freeze them for a fast future meal, move onto step 7, or use them in a recipe like the earlier Sage & Olive Oil Sweet Potato Gnocchi.
8. To serve, sauté gnocchi a few minutes per side in olive oil, avocado oil, or lard, and sprinkle with salt to taste.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Part 7. Dessert & Treat Recipes

(aka My Favourite Things)

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

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AIP Churro-inspired Dessert Tortillas / Tacos / Wraps

See "AIP/ Gluten-free Flatbread — "How To" Photos" for process photos. Makes 6 tortillas (roughly 5-6" in diameter).

Ingredients

- 120g cassava flour
- 8g coconut flour (1 Tbsp)
- 1/4 tsp sea salt
- 1/8 tsp baking soda
- 1/4 tsp creme of tartar
- 4-6 Tbsp coconut or maple sugar (granulated, adjust according to your own preferences and what you plan to do with the finished tortillas)
- 1 Tbsp Ceylon cinnamon
- 2/3 cup warm water
- 3 Tbsp olive or avocado oil
- 1/2 tsp apple cider vinegar
- *Optional: maple syrup or AIP-compliant caramel sauce for dipping*



Directions

1. Mix together dry ingredients (cassava, coconut, salt, baking soda, creme of tartar, coconut or maple sugar, and cinnamon).
2. In a separate bowl, mix together water, oil, and vinegar.
3. Pour the liquids into the dry ingredients and stir with a spoon.
4. Let dough rest for at least 5-10 minutes while continuing with steps 5 and 6. (You can wash dishes during this point too, or just sit and relax for a bit!)
5. Prep your parchment paper by cutting 12 pieces that are roughly 7-8 inches (19cm) wide. If you have room to lay them out, do so now. If you only have room to lay out some of the sheets, try to lay out at least 6 of them. (This lets you avoid having to wash your hands multiple times while handling the dough.)
6. Sprinkle flour on the surface of the parchment paper sheets to keep dough from sticking. (Be generous here, but not SO generous that the outside of your tortillas is a floury mess.) You'll want flour sprinkled on 1 side of each of your 12 parchment paper sheets, but if you only have room for 6 sheets on your countertop, you can start with those 6.
7. Using your hands, do a final mix of the dough, and separate it into two equal halves. Separate each half into 3 equal portions (giving you a total of 6 portions).
8. For each portion of dough, prepare as follows:
 - Roll dough into a smooth ball in your hands and place one on each of the first 6 floured parchment paper sheets.

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- Optional: mix together additional coconut sugar and cinnamon (2 Tbsp coconut sugar for each 1 Tbsp cinnamon) and roll the dough balls in the cinnamon sugar mix.
9. Place a second floured parchment paper sheet on top of each ball of dough — flour side touching the dough (this keeps them from sticking to the rolling pin).
 10. Using a rolling pin (or clean glass water bottle) gently roll out each ball of dough so it's 5-6" (14cm) in diameter and no thicker than 1/4" or 1/2 cm thick. BE CAREFUL not to press too hard, because the biggest difficulty of the recipe is getting these off the parchment paper to cook them (which is near impossible if you roll these too thin).
 11. Once all your tortillas are rolled out, preheat a nonstick skillet over medium-high heat. While the pan is heating, gently peel the top layer of parchment paper off each tortilla, taking care not to remove the dough when you peel it off (this is where flouring the parchment paper makes all the difference).
 12. Check to make sure your pan is evenly preheated. I check in one of this two ways: (a) by placing my hand a few inches over the cooking surface to feel if enough heat is radiating off it, or (b) wet your fingers with a few drops of water from the sink and flick those droplets onto the pan. If they sizzle and evaporate, your pan is hot enough. If not, wait and try again.
 13. Cook the tortillas one at a time, as follows:
 - DO NOT try to take the tortillas off the parchment paper sheets.
 - Instead, lift the parchment paper sheet with the tortilla dough and place it — dough side down — onto the dry, preheated, nonstick skillet.
 - Gently peel the parchment paper off the dough, using a thin silicone or metal spatula to help you keep the dough from breaking or cracking. (Be gentle and patient!)
 - Cook for approximately 2 minutes on the first side, until the edges start to rise up instead of laying totally flat.
 - Use the edge of your spatula to gently check the underside of the tortilla, looking for light golden brown spots on the cooked surface.
 - Flip the tortilla and cook for another 1-2 minutes until both sides look done. The dough might still look a bit moist, but it should flip easily without sticking to the pan.
 14. To keep the cooked tortillas from getting soggy, place them on a wire rack until all 6 are finished. Serve warm or room temperature.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Banana Cinnamon Maple Dessert Wraps

Aren't these beautiful? They taste good too and make a decadent dessert. You could serve them with whipped coconut cream, but I've never been a fan of that. Just beware that too much cassava can cause digestive distress for some people, so we've found 1 or 2 is plenty.... Serves 3.



Ingredients

- 6 AIP Churro-inspired Dessert Tortillas (previous recipe), warm
- 2 bananas, sliced into thin rounds
- maple syrup or AIP compliant caramel (I like the Sweet Apricity brand in USA)

Directions

1. Wrap banana slices in the cinnamon dessert wraps and drizzle maple syrup or AIP-compliant caramel sauce on top.
2. Enjoy!

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Sweet Potato Pie Dessert Gnocchi

See “AIP/ Gluten-free Gnocchi — “How To” Photos” for process photos. Serves 4.

Ingredients

- 3-4 medium sweet potatoes (must weigh OVER 500g or 1.1 lbs)
- 125g cassava flour
- 25g coconut flour
- 1/2 cup coconut sugar
- 1/2 tsp Ceylon cinnamon
- 1/4 tsp dried ginger powder
- 1/8 tsp mace or ground cloves
- Coconut oil, for cooking



Directions

1. Bake sweet potatoes at 200°C (400°F) for 45-60 minutes, until you can easily pierce the flesh with a fork. Allow to cool at least until they're cool enough to peel and discard the skins. (*Note: do this this earlier in the day to make the prep go faster.*)
2. Use an immersion blender (or stand blender or food processor) to blend the sweet potato into a silky smooth purée. Make sure there are NO stringy bits!
3. Measure out exactly 500g of the sweet potato purée. Save the rest for another meal or snack (although... once you've made the dough enough to know what it should feel like, you can wing it a bit — just also add more flour based on the total volume of sweet potato purée so that your dough is the right consistency).
4. Using a spoon or a fork (I know, we're super-high-tech here ;-)), mix the cassava flour, coconut flour, coconut sugar, cinnamon, ginger, and mace into the sweet potato purée.

Note: This should result in a slightly sticky and dry dough. Test it by rolling a small piece into a ball to see how it holds together. If it's too sticky or if it feels like it will not hold together, you may need to add a little more flour. If it's too dry and doesn't stick to your fingers at all, it may have too much flour.

5. Roll the gnocchi into logs approximately the girth of your thumb. Cut into 1-inch sections, smooth the edges (if needed), then use the back of a fork to press little ridges into each gnocchi. (*Note: the ridges aren't necessary, but look pretty!*) When you're halfway done prepping your gnocchi, start a pot of salted water ("salty as the sea") boiling on the stove.
6. Boil gnocchi in your salted water, watching them closely. Once the gnocchi float to the surface, use a slotted spoon to remove them from the water, setting them on a rack over a tray to dry. Once they're all cooked, you can either freeze them for a fast future dessert, or move onto the next recipe for a great way to serve them.
7. To serve, sauté them a few minutes per side in coconut oil (this adds a lovely sweetness). Drizzle with maple syrup or honey for extra decadence. ;-)

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Watermelon Mint Granita

This is a great summer dessert if you're craving ice cream and want something

Ingredients

- 6 cups frozen watermelon cubes
 - 1/4 cup honey (optional)
 - 1 Tbsp lime juice
 - Small handful of fresh mint leaves (roughly 1/4 cup; also optional)
 - OR: scant 1/8 tsp of mint extract; could probably also use peppermint or spearmint essential oil, but add a drop at a time and taste test as you go
-

Directions

1. Into a VitaMix or high-powered blender, add 1-2 cups watermelon cubes, then honey, lime juice, and mint. Fill the rest of the container with watermelon cubes, but don't overfill (you will have more watermelon cubes still).
2. Blend all — start low, increase to high, use tamper to push ingredients to the bottom. (If too hard to blend, add 1-2 Tbsp cold water to assist.)
3. Add remaining watermelon cubes and blend until well mixed. (Steps 2 & 3 should take about 5 min unless you're doing half a watermelon or a larger amount.)
4. Taste and add more honey/ mint/ lime juice to taste.
5. Serve immediately OR
6. Put in freezable container and mix with a fork. Freeze for 30 minutes then mix again with a fork. Repeat until dessert is fully frozen with no liquid remaining.

For me, this meant stirring a total of 5 times on the half hour plus once more an hour after the last half hour stir. (For example, if dessert is finished at 2pm, stir at 2:30/3:30/4:30/5:30. This might have been overkill; I probably could've done 3-4 half hour stirs, then another one an hour later, but I was being cautious since we made a lot.)

Tips & Variations

- NOTE: Granitas are meant to be granular, so if you skip the mixing intervals, you will get a solid block of (tasty) ice. It will be a gigantic pain to serve.
- Another (easier) option is to put the mixture into reusable popsicle molds & freeze until solid.
- Follow machine instructions if your automatic ice cream machine also makes granitas.
- Another great cold summer dessert is frozen grapes. Just wash them, freeze them, and eat them!

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Piña Colada Banana Split Ice Cream

Serves 4-6.

Ingredients

- 1 can coconut cream (pre-chilled)
- 1 cup pineapple juice (pre-chilled)
- juice of 1 lime (1/8 cup; pre-chilled)
- 1/2 cup pineapple chunks (pre-chilled)
- 2 bananas
- 1/2 cup honey or amber maple syrup (adjust to taste, if needed)

Directions

1. Mix all ingredients except honey & second 1/2 cup of pineapple chunks in VitaMix & blend until smooth.
2. Add honey to taste.
3. Make in ice cream maker according to machine instructions.
4. Remove, swirl in extra pineapple chunks while still slightly soft, and serve or freeze for later.
5. Optional: serve with additional banana split inspired toppings such as honey drizzled strawberries, coconut flakes, pineapple chunks, strawberries, etc..

Tips & Variations

- If the coconut cream is gritty, the bananas help the texture!
- To make this even faster, use frozen banana slices and pineapple chunks. You might be able to make this in a VitaMix or other high-speed blender (following the method of Jr. Chef's Instant Strawberry Mint Ice Cream), but I haven't tried that yet.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Instant Strawberry Ice Cream

This is based on a VitaMix Strawberry ice cream recipe my mom has made for decades. The VitaMix blender has been a staple of my family's kitchens since the 1970s, so I can't say whether or not this would work in another blender. I've heard other high-powered blenders can do this too, and I'm sure that's true, but I can't speak from experience. You could probably also make it with fresh or defrosted strawberries and then use an ice cream machine (or just the freezer) to freeze it. Serves 6.

Ingredients

- 1 cup (240g) canned coconut milk (full fat, no guar gum)
 - 1 pound (450g) frozen strawberries
 - 1/2 cup (160g) amber maple syrup
 - pinch sea salt
-

Directions

1. Place all ingredients in a VitaMix (or other high-powered blender) in the order listed.
2. Blend, slowly increasing speed to high, using tamper to push ingredients toward blades, as necessary until the texture resembles ice cream — roughly 30-60 seconds total.
3. Enjoy and freeze any extra in single-serve glass containers (such as 4 oz mason jars).

Jr. Chef's Strawberry Mint Ice Cream

This is based on the above recipe with my 6-year old son's brilliant addition of fresh mint. Serves 6.

Ingredients

- 1 cup (240g) canned coconut milk (full fat, no guar gum)
 - 1 pound (450g) frozen strawberries
 - 1/2 cup (160g) amber maple syrup
 - 1/4 cup fresh mint leaves
 - pinch sea salt
-

Directions

1. Place all ingredients in a VitaMix (or other high-powered blender) in the order listed.
2. Blend, slowly increasing speed to high, using tamper to push ingredients toward blades, as necessary until the texture resembles ice cream — roughly 30-60 seconds total.
3. Enjoy and freeze any extra in single-serve glass containers (such as 4 oz mason jars).

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

No-cook Coconut Coffee Ice Cream (Reintro: Coffee)

Coffee isn't allowed on the AIP, but after you successfully reintroduce coffee, this is a lovely dessert. Tip: Make the espresso in the morning, then let it cool in the fridge all day. Serves 6.

Ingredients

- 150 ml COLD espresso or very strong coffee (can substitute tea for strict AIP ...Earl Gray, maybe?)
 - 500 ml canned coconut milk (full fat, no guar gum)
 - 180 ml (3/4 cup) amber maple syrup
 - pinch sea salt
-

Directions

1. Blend all ingredients together until combined.
2. Taste, and adjust flavour, if necessary (it should be a little sweeter than you want at room temp, because it will taste less sweet when frozen).
3. If your coconut milk isn't cold (ours always is, here in chilly Scotland), place the whole blender jug into the fridge so the liquid cools before putting it in the ice cream maker. Re-blend it briefly (for consistency) before putting it into your ice cream maker.
4. Make according to ice cream machine directions.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Maple Coconut Magic Cookies

Makes 20 cookies.

Ingredients

- 2.5 cups shredded unsweetened coconut
 - 2/3 cup maple sugar
 - 1/4 cup maple syrup
 - 1/2 cup coconut oil, melted
 - 2 tsp ground vanilla bean
 - Pinch salt
 - 2 gelatin eggs (you'll need 2 Tbsp powdered, unsweetened gelatin, preferably grass-fed)
 - Optional (after successful reintroduction): add 1/2 cup chocolate chips
-

Directions

1. Preheat oven to 180°C (350°F) bake. Boil water (for gelatine eggs).
2. Mix together coconut, maple sugar, maple syrup, melted coconut oil, vanilla bean powder, & salt.
3. Make 2 gelatin eggs as follows: whisk 2 Tbsp powdered gelatin into 2 Tbsp lukewarm water. Whisk in 1/4 cup water that has just been boiled.
4. Add gelatin eggs to cookie dough.
5. Scoop dough evenly and flatten into discs on 2 cookie sheets approximately two inches (5cm) apart. NOTE: spacing is important, as these spread a LOT.
6. Bake for 9 min until bottoms are golden brown.
7. Allow to cool (at least 5 minutes, if not until fully cooled) on the baking tray.

Tips & Variations

- If you can tolerate eggs: replace the 2 gelatin eggs with 2 chicken or duck eggs.
- If you can tolerate egg yolks, but not egg whites: replace the 2 gelatin eggs with 4 chicken or duck egg yolks (and either discard the whites, freeze them for future use, or feed them to someone else).

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Crispy Caramel Cookies

Makes 12 cookies. Adapted from: <https://thehonestspoonful.com/aip-lace-cookies/>

Ingredients

- 100g (1/2 cup) coconut oil, melted
 - 110 g coconut sugar (granulated)
 - 95 g tapioca starch
 - 1/2 tsp ground vanilla bean
 - pinch salt
-

Directions

1. Preheat oven to 180°C (350°F).
2. Mix all ingredients.
3. Using a spoon, scoop small uniform-sized balls of dough onto a silpat-lined (or parchment paper-lined) baking tray. Leave at least 3 inches (7.5cm) between cookies because these will flatten completely.
4. Bake for 6-8 minutes, watching closely, and remove from oven once cookies are lightly browned. (If you let them over-darken, they'll taste burnt.)

Tips & Variations

- You could add small pieces of dried fruit (check ingredients) to these for variety. If adding, do this between steps 2 and 3 above.
- You could also add a little ground ginger, cinnamon, cloves, for a gingersnap flavour.
- After you've successfully reintroduced chocolate or nuts, fold in 1/2 cup of chocolate chips or nut pieces to the dough (between steps 2 and 3).
- A note on flour substitutions — tapioca is the best choice in this recipe. Other flours don't seem to produce the same results.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Ariana's Favourite AIP Cookies (& Dry Cookie Mix)

I put these cookie recipes in the book in the order I discovered them. This recipe is my favourite and it's a lovely combination of the two previous cookies. I especially love how well these hold together without eggs — that to me, is the second best part, beyond the taste. 😊 If you've



successfully reintroduced chocolate, substitute 45g (1/4 cup) dark chocolate chips for half of the shredded coconut and you'll be in AIP (+chocolate) cookie heaven!

Also... the third best part is: this is SUPER easy to make into a DRY COOKIE MIX and stick in your cupboards for those times when you desperately need a treat and are on the way to making an inflammatory food decision. I like to make one batch of cookies plus 2-3 batches of dry mix at one time.

I always tape a note to the jar that tells me whatever I need to add ("add 100g melted coconut oil") and how to cook ("bake @ 180°C for 8 min"), so I don't

even have to look up the recipe when those cravings hit. Makes 17 cookies (I know, weird!).

Ingredients

- 100g (1/2 cup) coconut oil, melted
- 110 g coconut sugar (granulated)
- 95 g tapioca starch
- 90 g (1 cup) shredded coconut (unsweetened)
- 1/2 tsp ground vanilla bean
- pinch salt

Directions

1. Preheat oven to 180°C (350°F).
2. Mix all ingredients.
3. Using a spoon, scoop small uniform-sized balls of dough onto a silpat-lined (or parchment paper-lined) baking tray. Leave 2 inches (7.5cm) between cookies because they will spread a bit.
4. Bake for 8 minutes, watching closely, and remove from oven once cookies are lightly browned. (If you let them over-darken, they'll taste burnt.)



Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Super-easy Berry Buckle (Cake)

This is called a buckle because as the cake rises, it buckles around the fruit (see photos of before and after baking). And no, the recipe won't make your cherries magically turn into strawberries!

Serves 12-15 (9" x 13" cake pan — 3" deep).

Ingredients

- 5 Tbsp coconut oil
- 85g coconut flour
- 85g tapioca starch
- 200g coconut sugar
- 2 tsp baking soda
- 0.5 tsp salt
- 1 can (400ml) coconut milk (no guar gum)
- 350-500g of fruit (if frozen fruit, defrost it first)
- 1-2 Tbsp coconut sugar (for topping)

Directions

1. Preheat oven to 180°C (350°F) fan (convection) bake.
2. Prepare fruit, if needed (wash & remove stems from berries, defrost frozen fruit, etc.).
3. Place coconut oil in baking tray in the pre-heating oven to melt.
4. In a medium bowl, using a fork, mix together flour, sugar, baking soda, and salt.
5. Pour canned coconut milk into a blender or use immersion blender to thoroughly combine coconut milk solids and liquid. Once fully blended, stir it into the dry mix.
6. Pull baking tray with melted coconut oil out of the oven and pour batter into baking tray over top of melted oil. Do NOT mix it in (just dump it in & press it roughly into shape).
7. Arrange fruit over top of batter. Sprinkle with 1-2 Tbsps coconut sugar.
8. Bake approximately 25 minutes until golden brown. Toothpick test should come out clean.

Tips & Variations

- This is excellent with all types of juicy berries, but especially with blueberries, raspberries, and strawberries. Cherries are good too. You could probably also do peaches or other fruit, but apples weren't as good which I think was maybe because they're not as juicy. (It still got eaten though....)



Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Sticky Maple Spice Cake

I messed up my buckle recipe one day, and ended up with a much cakier cake! It wasn't sweet enough though, so I took my inspiration from British Sticky Toffee Pudding and poured maple syrup over the top. It was yummy! It only took one try to reverse engineer the error and create another tasty AIP cake. Just don't place the bananas on the cake if you're not eating the whole thing — they don't hold up over time. Serves 12-15 (9" x 13" cake pan — 3" deep).

Ingredients

- 5 Tbsp coconut oil
- 111g coconut flour
- 111g tapioca starch
- 111g coconut sugar
- 2 tsp baking soda
- 0.5 tsp salt
- 1 tsp ground ginger powder
- 2 tsp ground Ceylon cinnamon
- 1/4 tsp ground mace or clove powder
- 1 can (400ml) coconut milk (full fat, no guar gum)
- 1 medium carrot, grated (about 1.5 cups)
- 2-4 bananas — 2 mashed, 2 sliced (sliced bananas optional)
- 1/2 cup maple syrup (optional additional 1/2 cup if caramelising sliced bananas)



Directions

1. Preheat oven to 180°C (350°F). Place coconut oil in baking tray in the pre-heating oven to melt. Meanwhile, in a medium bowl, using a fork, mix together flour, sugar, baking soda, salt, and spices.
2. Pour canned coconut milk into the dry mix and stir until combined (blend the coconut milk together first, if separated). Then, fold in the grated carrots & mashed bananas.
3. Remove baking tray with melted coconut oil from the oven and pour batter into baking tray over top of melted oil. Do NOT mix it in (just dump it in & press it roughly into shape).
4. Bake approximately 20 minutes until golden brown. Toothpick test should come out clean.
5. *Optional: While cake is baking, cook the 2 sliced bananas in a little coconut oil in a skillet. Add the maple syrup once bananas are caramelised (you may need more maple syrup).*
6. Remove cake from oven and poke holes in a grid-like fashion over the top of the cake, spacing holes roughly 1 inch apart. Pour 1/2 cup maple syrup (WITHOUT bananas) over the cake, and place it back in the oven for 1 minute to warm the maple syrup (you don't need to do this if bananas are already caramelised) and let it absorb into the cake.
7. Serve warm with caramelised bananas (on the side) and/or whipped coconut cream.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Easy Spiced Sweet Potato Mousse

If you can't tell, I'm obsessed with sweet potatoes. I love them. They're delicious. I'll take Sweet Potato Pie over Pumpkin Pie any day, and this is waaaaay easier. Also, it looks beautiful if you puree the Servings vary.

Ingredients

- Sweet potato, mashed or puréed
 - Coconut oil, around 1-2 tsp per sweet potato (depending on size of sweet potatoes)
 - Maple syrup, to taste
 - Dried spices (to taste):
 - Ceylon cinnamon
 - ground ginger powder
 - ground mace (or cloves)
 - (Or, use the AIP Pumpkin Pie Spice Mix from Part 1.)
-

Directions

1. Warm the sweet potato and coconut oil on the stovetop or in the microwave.
2. Mix ingredients together, adding spices and maple syrup to taste.
3. Enjoy warm or cold, and store any leftovers (or extra portions) in the refrigerator.

Tips & Variations

- This pairs nicely with “Sticky Maple Spice Cake” or “Ariana’s Favourite AIP Cookies”

Upside Down Sweet Potato Pie

1. Make the “Ariana’s Favourite AIP Cookies” recipe, but don’t shape them or cook the cookies yet.
2. Use a ramekin as a template to determine the size of each cookie. Make cookies the correct size to sit just inside the ramekins. Bake the cookies, following the recipe
3. Make the “Easy Spiced Sweet Potato Mousse” recipe (above) and place individual servings into ramekins.
4. Top each serving of mousse with 1 cookie and whipped coconut cream, if desired. (Store parts separately, if not enjoying right away.)
5. Enjoy warm, or at room temperature.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Baked Apples

Servings vary.

Ingredients

- Apples
- Optional: Coconut sugar, cinnamon or mace

Directions

1. Preheat oven to 200°C (400°F).
2. Peel, core, and slice apples.
3. Arrange in a baking tray.
4. Optional: sprinkle coconut sugar, cinnamon, and/or mace on top of apples.
5. Bake at 200°C (400°F) for 20 minutes or until they reach your desired texture.

Roasted Plums

Servings vary.

Ingredients

- Plums
- Optional: Coconut sugar

Directions

1. Preheat oven to 200°C (400°F).
2. Cut plums in half and remove the stone.
3. Arrange in a baking tray, cut side up.
4. Optional: sprinkle coconut sugar on top of plums.
5. Bake at 200°C (400°F) for 15-20 minutes or until they reach your desired texture.
6. Let cool/ rest for 5 minutes before serving.

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Part 8. About the Author

Anti-inflammatory Recipes

All Recipes are Gluten, Grain, Legume, and Dairy Free

Ariana Ayu, RN, MSc

CANNYNURSE® FOUNDER / CREATRIX

Ariana Ayu is a Transformational Mystic and a Catalyst for Conscious Change.

Ariana became a professional Healer in 2000 and has been certified in a wide variety of modalities including: bio-field healing (Reiki, Reconnective Healing, Matrix Energetics, and more), hypnotherapy (including Past Life and Life Between Lives regression therapies), Deep Memory Process and Ancestral Healing (with the late, great Roger Woolger, may he rest in peace), and plant medicine (aromatherapy, flower essences, and cannabis therapeutics). She currently lives with her family on the Isle of Lewis in Scotland.



She was initially Ordained as a Priestess in Costa Rica in March, 2005, recommitted to her spiritual calling when she emerged as a Shamanic Magdalene High Priestess in 2013, and most recently was re-ordained through the Temple of Ascension in 2018. Ariana has studied ancient and modern wisdom from a wide variety of cultures and spiritual traditions. She's done a wide variety of sacred travel, including Earth-grid work with Drunvalo Melchizadek in Easter Island and Moorea, ceremonies in the arms of the Sphinx and inside Egyptian pyramids with Nicki Scully and Star Wolf, studied Hermetic Wisdom and Alchemy with Raven Sinclair, and has spent a great deal of time communing with stone circles in Ireland (since 2003) and Scotland (since 2009). Her most constant journey has been an inner one; always seeking to understand her inner workings and evolve into a more authentic expression of her soul's purpose on Earth.

Ariana became licensed as a Registered Nurse in 2008 due to a desire to understand the body (and our healthcare system) in a deeper way than she had before as a healer. She earned her Masters Degree in Advancing Nursing Practice from the University of Edinburgh in Scotland, UK in 2010 and her dissertation was entitled "Researching Complex Interventions and Holistic Biofield Therapies: A Proposed Phenomenological Study of Reiki" and can be viewed/ downloaded by clicking the title.

In 2012, after seeking an approach to nursing that was more closely aligned with her holistic philosophy, Ariana completed the 9-month Integrative Nurse Coach training from INCA, followed by the Holistic Health Coach training from IIN (a year-long course whose content included over 100 different dietary theories). In 2020, she completed the 6-month Cannabis Nursing certification program through Pacific College of Health Sciences.

In 2021, after opening her CannyNurse® Certificate Program program to the nurses around the world, Ariana was deeply honoured to be voted Entrepreneur of the Year by the Cannabis Nurses Network. Her students had these things to say about Ariana and her program:

"Ariana is the creator and course faculty of the CannyNurse® Certificate Program. As a graduate of the first cohort in August 2021, I am honored to nominate Mrs. Ayu for Educator of the Year with Cannabis Nurse Network. Ariana has truly created a course on the cutting edge of clinical cannabis care. Ariana Ayu is an excellent educator and her passion for cannabis education is infectious. She has created a cannabis nurse certificate program that allows the graduate to confidently advise safe and effective use of cannabis with their patients. Her commitment to social justice in the cannabis space was greatly appreciated. Mrs. Ayu has set the bar high for comprehensive cannabis education programs."

"Yo, this woman is making nurse entrepreneurs as a nurse entrepreneur and her program is amazing! LOVE her."