

AIP-Friendly Holiday Recipes



Mashed Potatoes

AIP

PREP TIME

10 minutes

COOK TIME

45 minutes

SERVES

4-5 people

INGREDIENTS

2 large batatas or white sweet potatoes

2 heads of garlic

1/4 cup bacon grease

1 teaspoon fine salt

INSTRUCTIONS

Preheat the oven to 350F.

Trim the tops off of the garlic, put them on a sheet pan with 1/2 teaspoon bacon grease. Roast for 40 minutes or until tender and browned.

In the meantime, cut your potato up into quarters and boil until fork tender. You can peel it before you boil it, but once it's fully cooked the skin comes right off.

When your garlic is ready, squeeze the roasted cloves into a large bowl, they will be soft, like garlic paste. Add in the bacon grease and remaining salt.

Once the potatoes are fully cooked and peeled, drain most of the water out of the pot, saving 1/4 cup in a small bowl.

Combine the potatoes with the garlic and bacon grease and mash up until creamy, adding in the warm water as needed to get the desired creamy consistency.

Taste salt and add more to taste. Garnish with chives or herbs and serve hot.



Easy AIP Gravy

AIP

PREP TIME

5 minutes

COOK TIME

10 minutes

MAKES

3 cups

INGREDIENTS

2 1/2 cups bone broth

2 sprigs rosemary, fresh

1 inch lemon peel

3 tablespoons bacon fat, lard, or tallow

1/4 cup + 1 tablespoon arrowroot flour

1 teaspoon salt

INSTRUCTIONS

In a sauce pot, warm your bone broth with herbs and lemon peel. Keep at a low simmer.

In another saucepan, melt the fat over medium heat.

Once the fat is liquid, slowly add in the arrowroot flour and salt, whisking continuously until it's browned a bit and well incorporated.

Remove the lemon and herbs from the broth.

Slowly pour the broth into the roux while continuing to whisk until silky smooth.

Simmer to desired consistency.

Serve hot!



Plantain Stuffing

AIP

PREP TIME

15 minutes

COOK TIME

45 minutes

SERVES

10 people

INGREDIENTS

1 pound thick cut bacon, diced
1 large vidalia onion, small diced
4 celery leaf stalks, small diced
1 1/2 teaspoon fine salt, divided
3 cloves garlic, minced
2 sprigs fresh sage, minced
4 green plantains, diced
1 large red apple, diced
1 teaspoon garlic powder
1 teaspoon onion powder
1/4 cup arrowroot flour
1 teaspoon dried rosemary
1/2 teaspoon dried chives (optional)
1/4 cup tigernut flour
1 1/2 cup bone broth



INSTRUCTIONS

Heat a 16" inch skillet with a wide brim over medium heat.

Once it comes to temperature, put the bacon in the skillet and cook until crispy, stirring occasionally.

Remove from the skillet and drain out most of the fat, leaving some behind to cook the vegetables.

Add the onion and celery to the skillet, add 1 teaspoon of salt and cook until the onion is tender and translucent, about 8 minutes.

Add in the garlic and sage and stir well. Then add in the apples and plantains followed by the garlic and onion powder. Mix well and cook until the plantains start to get tender, about 4 minutes.

Add in the flours and dried herbs, mix well, then add the bacon and mix in again.

Add in the bone broth slowly as you gently mix it. You will feel the plantain get softer and the arrowroot starch start to thicken. Flatten to the pan and even out the top.

You can dust some extra tigernut flour on top and position some crispy bacon to the top as well.

Transfer to the oven and bake for 20-25 minutes until the top is golden brown. Serve hot!

Hot “Chocolate”

AIP

PREP TIME

15 minutes

COOK TIME

45 minutes

SERVES

10 people

INGREDIENTS

12 ounces dairy free milk of choice
(coconut or tigernut milk for AIP)

1 tablespoon coconut palm sugar

Pinch of salt

1/2 teaspoon vanilla extract

1 1/2 tablespoons grass fed collagen

1 1/2 tablespoons carob powder

INSTRUCTIONS

In a saucepan over medium heat whisk together the milk, coconut sugar, salt and vanilla until steaming.

Lower the heat to low, and whisk in the collagen, then the carob powder. Keep whisking until totally smooth and frothy.

Pour into your favorite mug, and enjoy!



Mini Pumpkin Pies

AIP

Vegan



PREP TIME

20 minutes

BAKE TIME

25 minutes

SET TIME

2 hours

MAKES

12 mini pies

INGREDIENTS

1 cup tigernut flour (scant)
1/2 cup coconut palm sugar, divided
2 teaspoons agar agar powder, divided
1/2 teaspoon salt, divided
1/4 cup coconut oil, solid
1 can unsweetened pumpkin puree
1 teaspoon cinnamon
1 1/2 teaspoon vanilla extract
1/2 cup unsweetened, full fat coconut milk, canned
Coconut oil spray
Muffin liners

INSTRUCTIONS

Preheat the oven to 350F and line your muffin pan with paper liners.

In a medium bowl, whisk together the tigernut flour, 2 tablespoons coconut sugar, 1/2 a teaspoon of the agar agar powder and 1/4 teaspoon salt.

Add the solid coconut oil to the flour mixture and use your fingertips to mix together until it feels and looks like wet sand.

Use a tablespoon to spoon the mixture into the muffin liners. Then use your fingers to gently press it down.

Wipe the bowl clean, and then add the filling ingredients: the pumpkin puree, remaining coconut palm sugar, agar agar powder, salt, cinnamon, vanilla and coconut milk.

Whisk together until the mixture is smooth, thick and creamy.

Spoon the mixture over the crusts. You will need about 1 1/2 tablespoons of pie filling per mini pie. Smooth the top with a spatula.

Bake on the middle rack for 25 minutes. Remove from the oven and let cool at room temperature for 30 minutes. Put in the fridge to set for at least 2 hours.

Once firm to the touch, unmold and peel off the liners. Serve chilled or at room temperature.