



AUTOIMMUNE PROTOCOL RECIPES

New E-Book

Written by Bc.
Karolína Holá,
Nutritional
therapist

Download Now

@the.holistic.caroline

@yogi.karolina



ALLOWED FOODS

- Any meat, fish, offal
- Seafood and seaweed
- Mushrooms
- Olives
- Any fruit, including dried unsweetened or freeze-dried
- Vegetables except aubergine (i.e. except potatoes, peppers, tomatoes, eggplant, chili peppers, cayenne pepper, goji berries)
- Plantain (vegetable bananas), plantain flour
- Fermented vegetables (homemade)
- Lard, virgin olive oil, avocado oil, coconut oil
- Coconut, coconut flour, coconut kefir, coconut yogurt
- Tiger nuts (edible tiger nuts)
- Carob
- Honey, maple syrup (limited), chicory syrup
- Tapioca - flour and pearls
- Baking soda
- Kuzu (kudzu)
- Arrowroot
- Apple cider vinegar, wine vinegar
- Agar, collagen, gelatin
- Water kefir, kombucha
- Fresh herbs and spices except berry (ie except allspice, pepper, etc.)
- Gourmet yeast (inactivated yeast)
- Dandelion and chicory coffee
- Black, green and white tea, roiboos, herbal teas (from the leaves, not from the seeds), maté



PROHIBITED FOODS

- Eggplants (potatoes, peppers, tomatoes, eggplant, chili peppers, cayenne pepper, goji or goji berries)
- Cereals containing gluten (wheat, rye, barley, oats, triticale, kamut)
- Legumes (beans, peas, lentils, soybeans, lentils, peanuts)
- Added sugar and artificial sweeteners
- Refined oils and trans fats (soybean oil, corn oil, sunflower oil, margarine)
- Industrially processed foods containing chemical additives and preservatives
- Alcohol
- Some seeds and nuts (almonds, hazelnuts, walnuts, hazelnuts)
- Egg
- Milk and milk products
- Nightshade crops (potatoes, tomatoes, peppers, eggplant)
- Spices (pepper, allspice, cardamom)
- Cocoa and chocolate
- Coffee
- Wheat flour and flour from other cereals containing gluten
- Rice
- Maize
- Food supplements containing inappropriate ingredients
- Artificial colors and flavors
- Genetically modified foods





WHAT MEASUREMENTS TO USE FOR RECIPES

SPOON AND SPOON



CUP



CUP



Pinch





SALTY RECIPES



ASPARAGUS WITH CHICKEN

Ingredients:

- 2 tablespoons of avocado oil
- 1 teaspoon of sea salt
- 450 g chicken breast, cut into cubes
- 1 bunch of asparagus
- 3 cloves of garlic, chopped
- 1/3 cup chicken stock
- Juice of 1 lemon
- 1 tablespoon of coconut amino acids (e.g. vilgain)
- 1 teaspoon of arrowroot starch
- 100 g spring onions, chopped
- Basmati rice

Procedure:

Put the chicken pieces on the hot pan and add a little salt. Cook until the chicken reaches an internal temperature of 70 degrees.

Prepare the asparagus by removing the thick white end and halving it. Add more oil to the pan if needed and fry the asparagus with plenty of salt for 5-7 minutes or until soft and lightly crisped. Then set aside.

Mix the chicken and asparagus and make the sauce: Add the stock, lemon juice, coconut aminos and arrowroot starch to the pan and cook for about 2-3 minutes until the sauce thickens slightly. Return the chicken and asparagus back to the pan and cook for another 2 minutes.



Preparation time:

20 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

CHICKEN SWEET POTATO NUGGETS

Ingredients:

- 454 grams of ground chicken (raw)
- 480 g sweet potatoes, finely grated (wide grater)
- 2 tablespoons of coconut oil + a teaspoon for wiping the baking sheet)
- 2 tablespoons of coconut flour
- 2 - 3 spring onions, finely chopped
- teaspoon of garlic powder
- 1 onion powder
- teaspoon of sea salt

Procedure:

Combine all ingredients in a large bowl and mix thoroughly.

Start forming small, slightly flat balls of this mixture about 2.5 cm in diameter (you should have about 20-25 balls) and place them on the prepared baking sheet.

Place in the oven for 25-28 minutes, turning them halfway through. If they are not crispy enough, you can leave them in the pan for another 1-2 minutes.

Remove from the oven when perfectly cooked. Let cool and serve with your favorite sauce! These balls are great for dipping, so you can serve them with guacamole, ketchup, mustard, etc.!



Preparation time:

30 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

GUT HEALING BROTH

Ingredients:

- 1 organic chicken (approx. 1.5 kg)
- 2 liters of water
- 3 tablespoons of apple cider vinegar
- 1-2 teaspoons of sea salt (to taste)
- 4 cloves garlic (grated or chopped)
- 2 carrots (peeled and sliced)
- 1 large onion (peeled and quartered)
- 1 medium celery (peeled and roughly chopped)
- Fresh herbs to taste (eg parsley, thyme, rosemary, bay leaf)

Procedure:

Wash the chicken under running water and remove any remaining feathers. Then break it up into smaller pieces – breasts, thighs, wings, etc. You can also use a whole chicken if you have a large enough pot. Peel and roughly chop the carrot, onion and celery. Peel the garlic and cut into slices. Pour 2 liters of water into a large pot. Add the chicken pieces, chopped vegetables, garlic, apple cider vinegar and seaweed with a spoon or strainer. This will give you a cleaner broth. Once you've removed the foam, reduce the heat to low and let the stock simmer. If you have time, you can cook the broth overnight to get a richer taste. You have to

About 30 minutes before the end of cooking, add fresh herbs to the broth. You can add them whole or chopped, depending on your preference. After cooking, allow the stock to cool and then strain it through a sieve to remove solid pieces and residue. Your homemade chicken stock is ready! You can serve it as a stand-alone soup or use it as a base for various dishes such as sauces, cauliflower risotto or soups.



Preparation time:

30 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

CAULIFLOWER RISOTTO

Ingredients:

- 1 medium cauliflower
- 2 chicken breasts (approx. 400g), cut into cubes
- 2 cloves of garlic, chopped
- 1 onion, chopped
- 2 tablespoons coconut oil (olive or avocado)
- 1/2 cup stock (homemade without preservatives)
- 1/2 cup coconut milk (no sugar added)
- 1/4 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt (sea or Himalayan)
- Freshly chopped parsley or cilantro for garnish (optional)

Procedure:

Divide the cauliflower into florets and place in a blender. Blend the cauliflower to a consistency that resembles grainy rice. Heat 1 tablespoon of coconut oil in a pan. Add the chopped chicken breasts and fry until golden. Remove the meat from the pan and set aside.

Add the remaining tablespoon of coconut oil to the same pan. Add the chopped garlic and onion and sauté until soft and translucent. Add the ground cauliflower to the pan with the onion and garlic. Cook and stir for about 5-7 minutes until the cauliflower is tender and heated through.

Gradually pour the broth and coconut milk into the pan with the cauliflower. Add turmeric, cumin and salt. Cook and stir for about 5 more minutes, until all the flavors have combined and the risotto has a creamy consistency. Return the chicken back to the pan with the remaining ingredients and toss until the meat is thoroughly heated. Garnish with herbs.



Preparation time:

30 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

SWEET POTATO BALLS WITH CHICKEN

Ingredients:

- 500 g minced chicken (raw)
- 1 large sweet potato, grated
- 1 carrot, grated
- 1/2 onion, finely chopped
- 2 stalks spring onions, chopped
- 2 cloves of garlic, finely chopped
- 2 tablespoons of olive oil
- 1 teaspoon of dried thyme
- 1 teaspoon of dried oregano
- 1/2 teaspoon of salt
- Coconut oil for wiping the sheet

Procedure:

1. Preheat the oven to 180°C and line a tray with baking paper greased with coconut oil.
2. In a large bowl, combine the ground chicken, grated potato, grated carrot, onion, green onion, garlic, olive oil, thyme, oregano and salt.
3. Form small balls from the mixture and place them on the prepared baking sheet.
4. Bake the balls in the oven for 20-25 minutes until they are golden and cooked through.
5. Let cool for a while and then enjoy these protein-packed meatballs!



Preparation time:

20 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

SWEET POTATO BALLS WITH CHICKEN

Ingredients:

- 400 g prawns (peeled)
- 2 tablespoons of green curry paste
- 400 ml of coconut milk
- 1 onion (chopped)
- a handful of baby spinach
- 2 cloves of garlic (chopped)
- 1 medium zucchini (diced)
- 1 tablespoon fish sauce (or alternative AIP compatible sauce)
- 1 tablespoon honey (for sweetening)
- 1 tablespoon oil (coconut, avocado or olive)
- Freshly chopped parsley or cilantro for garnish (optional)

Procedure:

In a large skillet or pot, heat the oil over medium heat. Add the chopped onion and garlic and fry for about 2 minutes until fragrant. Add the green curry paste and fry for about 1 minute until all the ingredients start to combine. Pour the coconut milk into the pan with the curry paste and stir until the sauce thickens to a uniform consistency.

Cook the sauce for about 5 minutes. Add the shrimp and cook for about 3-4 minutes until the shrimp are transparent and heated through. Then add the baby spinach and cook for about 1-2 more minutes until the spinach softens. Add fish sauce and honey. Mix and taste, if necessary add additional spices or sweetener according to AIP. Serve the Thai Green Prawn Curry warm, sprinkled with chopped cilantro. You can serve it with cauliflower rice.



Preparation time:

20 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

CHICKEN VEGETABLE STEW

Ingredients:

- 500 g chicken breast, cut into cubes
- 2 medium carrots, sliced
- 1 onion, chopped
- 2 cloves of garlic, pressed
- 1 cup pumpkin, diced
- 1 cup celery, diced
- 2 cups chicken stock
- 2 tablespoons of olive oil
- Fresh parsley for garnish
- Salt to taste (if using)

Procedure:

Heat the olive oil in a pan and fry the onion and garlic in it. Add the chicken bones and fry until golden.

Then add the chopped vegetables and chicken stock. Bring to a boil and simmer for 20-25 minutes until the vegetables are tender. Season with salt. Serve with freshly chopped parsley for garnish



Preparation time:

10 minutes + overnight



Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

SALAD WITH SALMON AND ORANGE

Ingredients:

- 500 g chicken breast, cut into cubes
- 2 medium carrots, sliced
- 1 red onion, chopped
- 2 cloves of garlic, pressed
- 1 cup pumpkin, diced
- 1 cup celery, diced
- 2 cups chicken stock
- 2 tablespoons of olive oil
- Fresh parsley for garnish
- Salt to taste (if using)

Procedure:

Preheat the oven to 180°C. Salt the salmon fillets. Place them on a baking sheet lined with parchment paper and bake for about 15-20 minutes, or until the salmon is cooked through and the skin is golden brown. Then let the salmon cool.

Mix olive oil, apple cider vinegar, lemon juice and chopped basil in a glass. Add salt to taste. Mix thoroughly.

Spread spring leaves evenly on a large plate or bowl. Stack avocado slices, orange segments and chopped onion on them. Divide the salmon into portions and place on top of the salad.

Serve as a main course or as a light dinner. Enjoy a refreshing combination of salmon, avocado, orange and vegetables with a delicious basil dressing.



Preparation time:

10 minutes + overnight



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

SALAD WITH SALMON AND ORANGE

Ingredients:

- 4 salmon fillets (approx. 150-200 g each)
- 2 tablespoons of olive oil
- Salt to taste
- 1 large ripe mango, peeled and diced
- 1/4 cup red onion, finely chopped
- 1/4 cup chopped parsley
- 1/4 cup chopped dill
- 2 cloves of garlic, finely chopped
- 2 tablespoons of lemon juice
- 1/2 cup coconut yogurt (for AIP diet)
- Salt to taste

Procedure:

Preheat the oven to 180°C. Dry the salmon fillets with a paper towel and salt to taste.

Heat olive oil in a pan over medium heat. Fry the salmon fillets for about 3-4 minutes on each side until they are nicely pink on the inside. Then transfer the salmon to a baking tray lined with baking paper and bake in the oven for about 8-10 minutes until the salmon is done and tender.

Mix chopped mango, red onion, parsley, dill, garlic and lemon juice in a bowl. Mix well. Add the coconut yogurt and mix well again. Season with salt to taste.

Arrange salmon fillets on plates. Add a spoonful of mango salsa next to each serving.

Add a handful of arugula to each plate for a refreshing contrast.

Serve with sweet potatoes.



Preparation time:

10 minutes + overnight



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

PUMPKIN SOUP WITH BEEF

Ingredients:

- 500 g pumpkin (e.g. Hokkaido), peeled and diced
- 1 onion, chopped
- 2 cloves of garlic, pressed
- 500 g of beef (e.g. beef neck), cut into cubes
- 1 liter of beef broth
- 2 tablespoons of olive oil
- Salt to taste
- a teaspoon of thyme and turmeric
- Fresh parsley for garnish
- Coconut cream for decoration

Procedure:

1. Heat the olive oil in a pan and fry the onion and garlic in it.
2. Add a piece of beef and fry until golden.
3. Then add the chopped pumpkin and beef broth. Bring to a boil and simmer for 20-25 minutes, until the pumpkin is tender and the meat is also tender.
4. Season with salt and thyme.
5. Serve the soup with freshly chopped parsley and coconut cream to garnish.



Preparation time:

20 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

HEARTY CHICKEN SOUP

Ingredients:

- 2 tablespoons of olive oil
- 400 g of chicken, cut into cubes
- 1 onion, chopped
- 2 cloves of garlic, chopped
- 2 sweet potatoes, peeled and diced
- 2 carrots, peeled and cut into rounds
- 1 stalk celery, chopped
- 400 ml of coconut milk
- 1 l broth (chicken or vegetable)
- 1 teaspoon of turmeric
- 1 bay leaf
- Salt to taste
- Fresh parsley or cilantro for garnish (optional)

Procedure:

In a large pot, heat the olive oil over medium heat. Add the chicken and fry until golden brown on all sides. Then remove the meat from the pot and set aside. Add the onion and garlic to the same pot and sauté until soft and translucent, about 2 minutes. Add the chopped sweet potatoes, carrots and celery stalk and sauté for another 5 minutes.

Return the fried chicken back to the pot. Add coconut milk and broth. Add turmeric and bay leaf. Salt and pepper to taste. Bring to a boil, reduce the heat to low and let the soup simmer for about 20-25 minutes, or until the sweet potatoes are tender. Serve with herbs.



Preparation time:

20 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

BAKED SALMON WITH ROASTED VEGETABLES

Ingredients:

- 4 pieces of salmon fillets (150-200 g each)
- 1 red onion
- 1 carrot
- 1 beetroot
- 2 tablespoons of olive oil
- garlic powder
- dried herbs (thyme, rosemary)
- salt
- 300 g of sweet potatoes

Procedure:

Place the chopped vegetables and sweet potatoes into larger pieces on a baking sheet lined with baking paper or greased with oil. Drizzle with olive oil and sprinkle with garlic, herbs, and salt.

Dry the salmon fillets with a napkin, add salt and add to the edge of the baking sheet.

Bake until the vegetables are soft and the salmon is done. Serve with lemon.



Preparation time:

40 minutes



Difficulty:

Slightly advanced

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

BROCCOLI SOUP WITH BEEF

Ingredients:

- 1 large head of broccoli
- half of celery
- 2 cups of broth
- salt
- 1 onion
- 2 cloves of garlic
- Olive oil
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- fresh herbs (parsley and coriander)

Procedure:

Fry the onion and garlic in a pan with a little oil until golden. Add the diced beef and stir-fry until browned. Salt to taste. Set aside.

Heat the olive oil in a saucepan and add the chopped broccoli and celery. Fry for about 5 minutes and add turmeric. Fry until the aroma is released. Pour the stock into the pot and cook for about 15-20 minutes until the vegetables are soft. Then mix it in a saucepan until smooth.

Add the meat to the pot and let it heat for about 5 minutes. Serve in a bowl and sprinkle with fresh herbs. You can use cassava flour or tapioca starch to thicken and garnish with coconut cream.



Preparation time:

20 minutes



Difficulty:

Slightly advanced

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

SWEET POTATO FRIES

Ingredients:

- 2 sweet potatoes
- 2 tablespoons of coconut oil
- 1 teaspoon of salt
- 1/2 teaspoon turmeric (optional, for color and flavor)

Procedure:

Preheat the oven to 220°C and prepare a tray lined with baking paper. Peel the sweet potatoes and cut them into thin chips. Put them in a bowl and mix with coconut oil, salt and turmeric. Spread the sweet potato fries on the prepared baking sheet, not overlapping, and bake in the preheated oven for about 20-25 minutes or until golden and crispy.



COCONUT YOGURT DIP

Ingredients:

- 1 cup coconut yogurt
- 1 clove of garlic, finely chopped or mashed
- 1 teaspoon fresh lemon juice
- 1 teaspoon chopped fresh parsley
- Salt to taste

Procedure:

Mix coconut yogurt, finely chopped garlic, fresh lemon juice and chopped parsley in a bowl. Add salt to taste. Mix thoroughly until all ingredients are combined.



Preparation time:

30 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

SHRIMP CURRY

Ingredients:

- 500 g bed
- 1 can of coconut milk (400 ml)
- 2 cloves of garlic, finely chopped
- 2 handfuls of broccoli/green beans/spinach
- 1 large carrot, sliced
- 1 onion, thinly sliced
- 1 fresh chili pepper (optional), chopped
- Fresh herbs to taste (e.g. parsley, coriander or basil), chopped
- a teaspoon of turmeric and ginger
- 2 tablespoons of olive oil
- Salt
- Fresh cilantro for garnish

Procedure:

- 1.Heat the olive oil in a pan and fry the finely chopped garlic and onion until translucent. Add ginger and turmeric. If you choose broccoli or beans for the recipe, steam them in a "steamer".
- 2.Add the prawns and fry until they turn pink and cooked through.
- 3.Add the coconut milk and bring to a boil. Cook the sauce on low heat for about 5-7 minutes until the sauce thickens
- 4.Add the spinach/broccoli/green beans and let them heat through and wilt in the sauce, which should take about 1-2 minutes.
- 5.Add chopped herbs (eg parsley, coriander or basil) and mix.
- 6.Season the sauce with salt to taste.
- 7.Serve warm with cauliflower rice



Preparation time:

20 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

CAULIFLOWER RICE AS A SIDE DISH

Ingredients:

- 1 medium head of cauliflower
- 1 tablespoon olive oil or coconut oil
- Salt to taste
- Additional herbs and spices according to preference (optional)

Procedure:

1. Remove the leaves from the cauliflower and cut the head into smaller pieces.
2. Place the chopped cauliflower in a blender and pulse until it has a rice-like consistency. You can also use a grater for coarse grating if you don't have a blender.
3. Heat olive oil or coconut oil in a pan.
4. Add the chopped cauliflower and salt to taste. Add other herbs and spices according to preference, such as garlic powder, onion powder, turmeric or basil.
5. Fry the cauliflower rice on medium heat for about 5-7 minutes or until the cauliflower rice is soft and slightly golden.
6. Taste and season with salt and pepper to taste.
7. Serve warm as a side dish to your favorite meal.



Preparation time:

315 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

BEEF BALLS WITH PUMPKIN VEGETABLE SAUCE

Ingredients:

Ingredients for balls:

- 500 g of ground beef
- 1 onion, finely chopped
- 2 cloves of garlic, finely chopped
- 2 tablespoons of coconut flour
- 1 teaspoon of dried thyme
- 1 teaspoon of dried oregano
- Salt

Ingredients for the sauce:

- 2 medium carrots, diced
- 1 stalk of celery, cut into small cubes
- 1 onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1 cup diced pumpkin
- 2 tablespoons of olive oil
- 1 teaspoon of dried thyme
- 1 teaspoon of dried oregano
- Salt to taste

Procedure:

1. In a bowl, mix ground beef, finely chopped onion, chopped garlic, coconut flour, thyme, oregano, salt and pepper until smooth.
2. Form the mixture into small balls and place them on a baking sheet lined with baking paper.
3. Preheat the oven to 180°C and bake the balls for about 20-25 minutes until they are cooked and golden.
4. Meanwhile, prepare the sauce. Heat the olive oil in a pan and fry the finely chopped onion and garlic until translucent.
5. Add the carrots, celery and pumpkin to the pan. Cook them for about 5-7 minutes until soft.
6. Then add the thyme and oregano. Cook the sauce over low heat for about 10-15 minutes to combine all the ingredients and thicken the sauce.
7. Add salt to taste.
8. You can blend the sauce with a stick blender before serving if you prefer a smoother consistency.
9. Serve warm balls with a sauce and side of your choice, such as cauliflower rice at AIP.



Preparation time:

30 minutes



Difficulty:

Slightly advanced

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement



SWEET RECIPES



APPLE DONUTS

Ingredients:

- 2 medium-sized apples
- 1/2 cup coconut flour
- 1/4 cup tapioca flour
- 2 teaspoons of ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon of baking soda
- 2 tablespoons coconut oil (melted)
- 1 teaspoon honey (optional for sweetness)

Procedure:

1. Preheat the oven to 180°C and line a tray with baking paper.
2. Peel the apples and grate them on a fine grater.
3. Mix the grated apples, coconut flour, tapioca flour, cinnamon, salt and baking soda in a bowl.
4. Add melted coconut oil and honey (if using).
5. Mix well until a dough forms.
6. Divide the dough into smaller pieces and shape them into cones.
7. Place the donuts on the prepared tray and bake in the oven for 20-25 minutes until golden brown.
8. Let cool and then enjoy! You can serve with coconut yogurt.



Preparation time:

15 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation,
stabilizes blood sugar, helps bowel
movement

COCONUT BALLS

Ingredients:

- 1 cup coconut flour
- 1/2 cup coconut oil, melted
- 2 tablespoons honey (or maple syrup if AIP appropriate)
- 2 tablespoons of collagen powder (as a protein source)
- 1 teaspoon of vanilla extract
- Coconut flour or shredded coconut for coating

Procedure:

1. In a bowl, mix the coconut flour, melted coconut oil, honey (or maple syrup), collagen powder and vanilla extract until a homogeneous dough is formed.
2. Let the dough rest for about 10-15 minutes to thicken.
3. Shape the dough into small balls and roll them in grated coconut.
4. Place the balls on a plate and put them in the freezer for 30 minutes to firm up.
5. After 30 minutes you can serve the balls. Store them in the fridge until ready to eat.



Preparation time:

40 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

APPLE BALLS WITH CHICKEN

Ingredients:

- 500 g of ground chicken
- 2 medium apples, peeled and grated
- 1 onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1/4 cup tapioca flour (for thickening)
- 2 teaspoons of dried thyme
- Salt to taste
- Olive oil for frying (or other fat allowed on the AIP diet, such as coconut oil)

Procedure:

Mix ground chicken, grated apples, finely chopped onion, finely chopped garlic, flour, dried thyme and salt in a bowl. Mix well until you get a homogeneous mixture.

Shape the resulting mixture into smaller balls about the size of a golf ball. Heat a little olive oil in a pan over medium heat. Once the oil is hot, add the chicken balls. Fry them on each side for about 5-7 minutes, or until they are golden brown and cooked through. You can season them with a sauce or dip according to your taste.



Preparation time:

30 minutes



Difficulty:

Slightly advanced

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

COCONUT FRITTERS

Ingredients:

- medium banana, mashed
- 1/4 cup coconut flour
- 1/4 cup cassava or tapioca flour
- 1/4 cup coconut oil, melted
- 2 spoons of honey
- 1 teaspoon of vanilla extract
- A pinch of salt
- 4 tablespoons of collagen powder
- Coconut flour or shredded coconut for sprinkling
- Coconut oil in the pan
- Fruit for decoration

Procedure:

1. In a bowl, mix mashed banana, coconut flour, cassava or tapioca flour, melted coconut oil, honey, vanilla extract, a pinch of salt and collagen powder until a smooth dough is formed.
2. Heat a frying pan or pan over medium heat and add a little oil.
3. Spoon the batter onto the pan and form small fritters.
4. Fry the fritters on both sides until they are golden and cooked through.
5. Remove the fritters from the pan and let them cool slightly.
6. Serve with a dusting of coconut flour or shredded coconut and other favorite toppings like fresh fruit or chicory syrup.



Preparation time:

30 minutes



Difficulty:

Slightly advanced

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

SWEET POTATO BUNS

Ingredients:

- 2 medium sweet potatoes
- 2 tablespoons of coconut flour
- 2 tablespoons of tapioca flour
- 2 teaspoons of apple cider vinegar
- A pinch of salt
- Coconut oil or olive oil for greasing

Procedure:

1. Preheat the oven to 200°C and line a tray with baking paper.
2. Peel the sweet potatoes and cut them into smaller pieces. Add them to a pot of boiling water and cook until soft.
3. Remove the cooked sweet potatoes from the pot and mash them until smooth using a blender or a fork.
4. Add the coconut flour, tapioca flour, apple cider vinegar and a pinch of salt to the sweet potato puree and mix well until all the ingredients are combined.
5. Form the mixture on the donut tray into the desired shape and size. If the mixture is too sticky, you can moisten it with wet hands.
6. Brush the top of the buns with coconut oil or olive oil.
7. Bake the buns in the preheated oven for about 25-30 minutes, or until golden and cooked through.
8. Allow the buns to cool slightly before serving. Serve them with any AIP-friendly toppings, such as avocado spread, a slice of meat, or with fresh herbs.



Preparation time:

40 minutes



Difficulty:

Slightly advanced

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

SWEET POTATO PEAR BUN

Ingredients:

- 2 medium sweet potatoes
- 4 tablespoons of coconut flour
- 4 tablespoons of tapioca flour
- 4 tablespoons of coconut oil, melted
- 4 tablespoons chicory or maple syrup (optional)
- 2 teaspoons of apple cider vinegar
- A pinch of salt
- 1 pear
- 4 tablespoons of collagen powder

Procedure:

1. Preheat the oven to 180°C and grease it with coconut oil.
2. Peel the sweet potatoes, cut them into smaller pieces and boil them until soft.
3. Remove the sweet potatoes from the pot and mash them until smooth using a blender or a fork.
4. Add the coconut flour, tapioca flour, coconut oil, maple/chicory syrup, apple cider vinegar and a pinch of salt to the sweet potato puree. Mix well until all ingredients are mixed. Mix in diced fruit or spread it on the surface in slices.
5. Pour the mixture into the prepared mold and level the surface.
6. Bake the bun in the preheated oven for about 35-40 minutes, or until golden and cooked through.
7. Allow the bun to cool slightly before slicing and serving.
8. Serve it as a sweet snack or dessert.



Preparation time:

40 minutes



Difficulty:

Slightly advanced

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

SWEET POTATO PURPLIES WITH BLUEBERRIES

Ingredients:

- 2 medium purple sweet potatoes
- 4 tablespoons of coconut flour
- 4 tablespoons of tapioca flour
- 4 tablespoons of coconut oil, melted
- 4 tablespoons chicory or maple syrup (optional)
- 2 teaspoons of apple cider vinegar
- A pinch of salt
- 4 tablespoons of collagen powder
- Blueberries

Procedure:

1. Preheat the oven to 180°C and grease a baking dish with coconut oil.
2. Peel the sweet potatoes, cut them into smaller pieces and boil them until soft.
3. Remove the sweet potatoes from the pot and mash them until smooth using a blender or a fork.
4. Add coconut flour, tapioca flour, coconut oil, chicory or maple syrup (if using), apple cider vinegar, a pinch of salt and collagen powder to the sweet potato puree. Mix well until all ingredients are mixed.
5. Pour the mixture into the prepared pan, level the surface and continue according to the original baking instructions.
6. Add fruit.
7. Bake the cake in the preheated oven for about 35-40 minutes, or until golden and cooked through.
8. Allow the cake to cool slightly before slicing and serving.
9. Serve as a sweet snack with coconut yogurt.



Preparation time:

40 minutes



Difficulty:

Slightly advanced

Effect on health:

has an anti-inflammatory effect, pleases the taste buds, nourishes the brain

I WISH YOU MUCH SUCCESS ON YOUR PERSONAL JOURNEY TO HEALTH

I hope that I have brought you some inspiration in this e-book. Of course, you can customize the recipes to your liking. But it is important to follow the permitted foods.

It is important to have variety and complexity (within AIP as much as possible) when composing individual meals and using permitted spices and superfoods that will heal your intestines and strengthen the resistance of the immune system.

I wish you the best of luck and find your health again!

- *Karolina, nutritional therapist*



This e-book does not replace medical care.

If you don't know how to deal with something, either health-wise or nutritionally, be sure to contact me and we'll figure something out together!

tel. 720 448 704 mail:

krlnhola@gmail.com

IG: @the.holistic.caroline

@yogi.karolina

