



BEYOND HEALTH & WELLNESS

AIP FRIENDLY RECIPE BOOK

BEYOND HEALTH & WELLNESS
203 WOODPARK PLACE
WOODSTOCK, GA 30188





Plantain Crackers

Ingredients

2 large green plantains (about 2 cups pureed)

½ cup extra virgin coconut oil, melted

½ tsp salt, to taste

Sesame Seeds (optional)

Instructions

1. Line a rimmed baking sheet with parchment paper and preheat the oven to 300°.
2. Pulse all ingredients into a blender or food processor until a smooth puree is formed.
3. Pour batter on to sheet and smooth until even.
4. Bake for 10 minutes, then use a knife or pastry cutter to score into small squares.
5. Return to oven and bake for 50-80 minutes watching carefully. Finished crackers should be medium brown. Let cool slightly on pan before breaking apart.

Key Lime Energy Balls

Ingredients

- 10 dates (about 3/4 cup)
- 1/4 cup unsweetened shredded coconut
- 3-4 tbsp lime juice (3-4 limes)
- 1/4 cup coconut flour

Instructions

1. Add all ingredients to a food processor or blender and pulse into small crumbles.
2. Pour the mixture onto a sheet of parchment paper and use your hands or the parchment paper to press the mixture into a dough ball. Pull small pieces off and roll into balls.
3. Enjoy!

These last 3-4 days in the refrigerator in an airtight container and 3-4 months in the freezer.



Breakfast Cookies



Ingredients Yields 1 Dozen

- ½ pound ripe bananas (about 1 cup mashed)
- ½ cup unsweetened applesauce
- 2 tablespoons palm shortening
- 2 oz pitted dates (about 3 or 4)
- 1/3 cup coconut flour
- 2 tsp cinnamon
- 1 tsp vanilla
- 1 tsp baking soda
- 1½ tsp lemon juice
- ½ cup finely shredded dried coconut
- 2 tablespoons dried apricots, chopped
- 2 tablespoons dried currants
- 2 tablespoons raisins

Instructions

1. Preheat oven to 350°
2. In a food processor, puree the bananas, dates, applesauce, and shortening until it has the consistency of baby food, about 30 seconds.
3. Add the coconut flour, cinnamon, vanilla, baking soda, lemon juice and pulse 5 or 6 times until combined.
4. Add the dried fruit and shredded coconut and pulse twice, just enough to incorporate it.
5. Spoon golf-ball sized balls of dough onto a cookie sheet lined with parchment or a Silpat.
6. Flatten the balls a bit with your palm. These cookies don't spread, so make them the shape and size you want prior to baking.
7. Bake for 18-20 minutes.
8. Let the cookies cool completely, then store in an airtight container in the fridge.

AIP Breakfast Stack

Ingredients

- ¼ slices AIP-friendly bacon
- 1 pound ground turkey
- 1 medium zucchini, grated coarsely
- ¼ teaspoon dried sage
- couple of pinches of salt
- coconut oil (if needed)
- 4 large flat mushrooms, stalks removed
- 2 medium avocados, stone and skin removed
- juice of one small lemon
- rocket or watercress leaves

Instructions

1. Fry bacon in a large, dry skillet over medium heat until crispy. Set bacon aside. Leave fat in pan.
2. In a bowl, blend the turkey, zucchini, sage and a pinch of salt. Form into 6 patties. refrigerate 2 for a snack later; cook 4 now.
3. If there's not enough bacon fat in the skillet, add a little coconut oil. Cook patties 5-6 minutes per side. Check they are fully cooked throughout and then remove from pan and set aside.
4. Add mushrooms to skillet along with a splash of water. Cook for a few minutes each side, until they turn golden. Turn off the heat.
5. Quickly mash the avocado flesh together with a pinch of salt and the lemon juice.
6. To assemble: place the upturned mushroom on a plate and arrange a small tangle of the watercress or rocket leaves on top. Place the turkey and zucchini patty on top of that and finish with a spoonful of guacamole and a slice of bacon. Eat while hot.



Fresh Waldorf Salad

Ingredients

- 2 Tablespoons coconut cream (30 ml) (from the top of a can of refrigerated coconut milk)
- 1 teaspoon (5 ml) lemon juice
- Salt to taste
- 1 Granny Smith or another green apple, thinly sliced
- 1 stalk of celery, thinly sliced at an angle
- 10 grapes, halved
- 1 head of romaine lettuce, chopped

Instructions

1. Make the AIP salad dressing by combining coconut cream and lemon juice. Season with salt to taste.
2. Add the dressing to all the remaining ingredients and toss until evenly coated.



Pineapple Salsa-Stuffed Burgers

Ingredients

Pineapple Salsa:

- 1½ cups pineapples, diced
- ⅓ cup red onions, diced
- ¼ cup cilantro, chopped
- 2 tsp extra virgin olive oil
- 1 tbsp lime juice
- ¼ tsp sea salt

Burgers:

- 1 pound ground beef
- 1 tbsp coconut oil
- ¼ tsp sea salt
- ½ cup pineapple salsa



Instructions

1. For the salsa, combine all ingredients in a bowl and marinate in the fridge for at least 30 minutes.
2. Preheat the oven to 400 degrees F.
3. Combine the meat and salt by hand and form into four balls, then flatten into ¼-inch thick patties.
4. Place half of the salsa on one of the patties and lay another patty on top. Seal the edges by hand, making one large, fat burger. Repeat for the remaining patties and salsa.