



## AIP Friendly Breakfasts

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## Sweet Potato Toast with Avocado & Sauerkraut

2 servings

15 minutes

### Ingredients

- 2 Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1 Avocado (peeled and mashed)
- 45 grams Sauerkraut
- 1/4 tsp Sea Salt

### Directions

- 1 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 2 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

### Notes

**Add Greens:** Add a layer of baby spinach before you spread on the avocado.

**Guacamole Lover:** Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

**No Sweet Potato:** Use bread, crackers, crispbread, pita or tortillas instead.

**Storage:** Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.



## Coconut Chia Pudding

2 servings

1 hour

### Ingredients

180 milliliters Canned Coconut Milk  
180 milliliters Water  
50 grams Chia Seeds  
1 tsp Vanilla Extract

### Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to five days.

**Serving Size:** One serving is equal to approximately 1.5 cups of chia pudding.

**More Flavor:** Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

**Additional Toppings:** Top with shredded coconut, berries, banana slices, nuts or bee pollen.



## Chocolate Cherry Chia Pudding

2 servings

30 minutes

### Ingredients

50 grams Chia Seeds  
240 milliliters Plain Coconut Milk  
(unsweetened, from the carton)  
25 grams Chocolate Protein Powder  
115 grams Cherries (pitted)  
1 tbsp Unsweetened Shredded  
Coconut

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Protein Powder:** Use raw cacao powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Mashed Sweet Potato with Coconut & Blueberries

1 serving  
45 minutes

### Ingredients

- 1 Sweet Potato (purple or orange, small, halved)
- 35 grams Blueberries (fresh or frozen)
- 2 tbsps Unsweetened Coconut Flakes

### Directions

- 1 Boil the sweet potato for 30 minutes, or until fork-tender and the peel removes easily. Drain and submerge in cold water until cool enough to handle. Remove from the water and peel the sweet potato.
- 2 Transfer to a plate and mash with a fork. Top with blueberries and coconut flakes. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Additional Toppings:** Maple syrup, honey, hemp seeds, crushed nuts or other fresh or frozen fruit.

**Meal Prep:** Boil a large batch of sweet potatoes ahead of time and keep refrigerated for up to five days, or freeze for up to ten months.



## Chocolate Layered Chia Pudding

2 servings

25 minutes

### Ingredients

- 50 grams Chia Seeds
- 180 milliliters Plain Coconut Milk (from the carton)
- 1 tbsp Cocoa Powder
- 170 grams Unsweetened Coconut Yogurt
- 110 grams Strawberries (cut in half)

### Directions

- 1 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**No Coconut Yogurt:** Use another type of yogurt instead.



## Carrot & Banana N'Oatmeal Bake

6 servings

1 hour

### Ingredients

425 milliliters Canned Coconut Milk  
3 Banana (medium, ripe, mashed)  
30 grams Coconut Flour  
1/2 tsp Baking Soda  
6 Carrot (medium, shredded)  
60 grams Unsweetened Shredded Coconut (plus more for garnish)  
85 grams Raisins

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 2 In a large mixing bowl, stir together all the ingredients until well combined. Transfer to the baking dish and spread evenly. Bake for 55 minutes.
- 3 Garnish with shredded coconut (optional). Slice and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for one week, or freeze in individual portions if longer.

**Serving Size:** One serving equals one square. A 9 by 13-inch baking dish was used to make six servings.

**More Flavor:** Add cinnamon, nutmeg, vanilla extract, your sweetener of choice and/or a pinch of salt.

**Additional Toppings:** Walnuts, whipped coconut cream, yogurt, or ice cream.

**Coconut Flour:** This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



## Chocolate Strawberry Chia Pudding

2 servings

30 minutes

### Ingredients

- 50 grams Chia Seeds
- 240 milliliters Plain Coconut Milk (unsweetened, from the carton)
- 25 grams Chocolate Protein Powder
- 145 grams Strawberries (halved)

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Protein Powder:** Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Likes it Thicker:** Use full fat coconut milk instead.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.





## Strawberry Banana Chia Pudding

2 servings

3 hours

### Ingredients

240 milliliters Plain Coconut Milk  
(unsweetened, from the carton)  
25 grams Vanilla Protein Powder  
50 grams Chia Seeds  
70 grams Strawberries (chopped)  
1/2 Banana (sliced)

### Directions

- 1 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 2 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

**More Flavor:** Add cinnamon or liquid sweetener of choice.

**Additional Toppings:** Add other fresh berries or chopped fruit.

**More Protein:** Top with a dollop of greek yogurt.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



## Applesauce & Raisin Cauliflower Porridge

4 servings

10 minutes

### Ingredients

485 milliliters Canned Coconut Milk  
(full fat)  
340 grams Cauliflower Rice  
245 grams Unsweetened Applesauce  
85 grams Raisins

### Directions

- 1 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 2 Divide into bowls and stir in the applesauce. Top with raisins and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately 1 1/4 cup of cauliflower porridge.

**More Flavor:** Add coconut butter, coconut cream, cinnamon, sea salt, or vanilla extract.

**Additional Toppings:** Add almond slices, hemp seeds, chopped fruit, or your choice of sweetener.



## Lemon & Strawberry Cauliflower Porridge

4 servings

10 minutes

### Ingredients

485 milliliters Canned Coconut Milk (full fat)  
340 grams Cauliflower Rice  
290 grams Strawberries (sliced)  
1/2 Lemon (juiced, zested)  
40 grams Unsweetened Coconut Flakes (optional)

### Directions

- 1 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes or longer until your desired consistency is reached.
- 2 Divide into bowls and top with the strawberries, lemon juice and zest (to taste), and coconut flakes (optional). Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately one cup of cauliflower porridge and 1/2 cup of strawberries.

**More Flavor:** Add coconut butter, coconut cream, cinnamon, sea salt, or vanilla extract.

**Additional Toppings:** Add almond slices, hemp seeds, or your choice of sweetener.



## Cauliflower Porridge with Blueberries

4 servings

10 minutes

### Ingredients

485 milliliters Canned Coconut Milk  
(full fat)  
340 grams Cauliflower Rice  
295 grams Blueberries

### Directions

- 1 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 2 Divide into bowls or containers and top with the blueberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately one cup of cauliflower porridge and half a cup of blueberries.

**More Flavor:** Add coconut butter, coconut cream, cinnamon, sea salt, lemon juice, or vanilla extract.

**Additional Toppings:** Add almond slices, hemp seeds, or your choice of sweetener.



## Lime & Kiwi Cauliflower Porridge

4 servings

10 minutes

### Ingredients

485 milliliters Canned Coconut Milk (full fat)  
340 grams Cauliflower Rice  
3 Kiwi (peeled, sliced)  
1/2 Lime (juiced, zested)  
40 grams Unsweetened Coconut Flakes (optional)

### Directions

- 1 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 2 Divide into bowls and top with the kiwi, lime juice and zest (to taste), and coconut flakes (optional). Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately one cup of cauliflower porridge and 1/2 cup of kiwi.

**More Flavor:** Add coconut butter, coconut cream, cinnamon, sea salt, or vanilla extract.

**Additional Toppings:** Add almond slices, hemp seeds, or your choice of sweetener.



## Pineapple Turmeric Cauliflower Porridge

4 servings

10 minutes

### Ingredients

485 milliliters Canned Coconut Milk (full fat)  
340 grams Cauliflower Rice  
1 1/2 tsps Turmeric (to taste)  
330 grams Pineapple (cored, chopped)  
40 grams Unsweetened Coconut Flakes (optional)

### Directions

- 1 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 2 Stir the turmeric into the cauliflower porridge. Divide into bowls and top with the pineapple and coconut flakes (optional). Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately one cup of cauliflower porridge and 1/2 cup of pineapple.

**More Flavor:** Add coconut butter, coconut cream, cinnamon, sea salt, lemon juice, pineapple juice, or vanilla extract.

**Additional Toppings:** Add almond slices, hemp seeds, or your choice of sweetener.



## Cinnamon Orange Grain-Free Granola

4 servings

15 minutes

### Ingredients

160 grams Unsweetened Coconut Flakes  
1 tbsp Coconut Oil (melted)  
1/2 tsp Cinnamon  
1 Navel Orange (zested)

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper or use a silicone baking mat.
- 2 In a bowl, gently toss the coconut flakes in the coconut oil together. Sprinkle the cinnamon and orange zest evenly overtop and stir again.
- 3 Spread the coconut mixture evenly across the sheet. Bake for five to 10 minutes, stirring frequently, until light golden brown. Let cool completely and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four weeks.

**Serving Size:** One serving equals approximately half a cup.

**More Flavor:** Add coconut manna or a pinch of salt.

**Additional Toppings:** Serve with fruit, yogurt, oatmeal, ice cream, or milk.

**No Orange Zest:** Use lemon, lime, or grapefruit zest instead.



## Cherry Yogurt Bowl

1 serving

5 minutes

### Ingredients

170 grams Unsweetened Coconut Yogurt  
1 1/2 tbsps Chia Seeds  
75 grams Cherries (pits removed)

### Directions

- 1 Add the coconut yogurt to a bowl and stir in the chia seeds. Top with sliced cherries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Add chia seeds just before serving.

**Additional Toppings:** Chopped nuts, seeds, a drizzle of honey, cinnamon, granola, other chopped fruit.

**No Coconut Yogurt:** Use Greek yogurt instead.

**No Chia Seeds:** Use ground flaxseeds or hemp seeds instead.





## Creamy Sweet Potato Toast

2 servings

15 minutes

### Ingredients

- 1 Sweet Potato (large)
- 65 grams Sunflower Seed Butter
- 2 tbsps Unsweetened Coconut Yogurt

### Directions

- 1 Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
- 2 Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
- 3 Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

### Notes

**Leftovers:** Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.

**Additional Toppings:** Add hemp seeds, flax seeds, or chia seeds on top.



## Blueberry Coconut Chia Pudding

2 servings

35 minutes

### Ingredients

240 milliliters Canned Coconut Milk  
150 grams Blueberries (plus extra for garnish)  
1 tsp Vanilla Extract  
50 grams Chia Seeds  
2 tbsps Unsweetened Shredded Coconut (plus extra for garnish)

### Directions

- 1 Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
- 2 Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
- 3 Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately 1 1/3 cups of chia pudding.

**Likes it Sweeter:** Add maple syrup or honey.

**More Flavor:** Add cardamom.



## Pineapple Chia Pudding

2 servings

35 minutes

### Ingredients

120 milliliters Canned Coconut Milk  
120 milliliters Pineapple Juice  
50 grams Chia Seeds  
1/2 Lime (zested)  
55 grams Pineapple (chopped)  
1 tbsp Mint Leaves (chopped, optional garnish)

### Directions

- 1 Combine the coconut milk, pineapple juice, chia seeds, and lime zest in a bowl. Refrigerate for at least 30 minutes or until chilled and the chia seeds have set.
- 2 Stir well then divide between bowls or jars. Top with pineapple and mint, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup.

**More Flavor:** Add vanilla extract.

**Additional Toppings:** Coconut flakes.

**Likes it Sweeter:** Add honey or maple syrup.



## Chocolate Orange Ginger Smoothie Bowl

1 serving

10 minutes

### Ingredients

- 225 grams Frozen Banana
- 45 grams Cauliflower Rice (frozen)
- 1 tbsp Ginger (fresh, grated)
- 2 tbsps Cacao Powder
- 20 grams Collagen Powder
- 1 tsp Orange Extract
- 1 Navel Orange (peeled, chopped, divided)
- 1 tbsp Cacao Nibs (optional)

### Directions

- 1 Add the banana, cauliflower rice, ginger, cacao, collagen, orange extract, and half of the orange to a blender or food processor and blend until a smooth consistency is achieved. You may need to stop and scrape down the sides or use a tamper while blending.
- 2 Transfer to a bowl. Top with the remaining orange and cacao nibs. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to approximately 1 1/2 cups

**Make it Vegan:** Use plant-based protein or hemp seeds in place of the collagen powder.

**Additional Toppings:** Add chocolate chips, shredded coconut, or candied ginger.



## Coconut Yogurt, Strawberries & Blackberries

1 serving

5 minutes

### Ingredients

115 grams Unsweetened Coconut Yogurt  
35 grams Strawberries (chopped)  
145 grams Blackberries

### Directions

- 1 Add the coconut yogurt, strawberries, and blackberries to a bowl. Enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to four days.



## Spinach & Mango Protein Chia Pudding

3 servings

1 hour 15 minutes

### Ingredients

425 milliliters Canned Coconut Milk  
50 grams Chia Seeds  
30 grams Baby Spinach (packed)  
25 grams Vanilla Protein Powder  
1 Mango (medium, peeled and diced)  
2 tbsps Hemp Seeds

### Directions

- 1 Add all of the ingredients except the mango and hemp seeds to a blender. Blend on high for at least one minute or until a very smooth consistency is achieved.
- 2 Scoop the pudding into bowls or containers and secure with a lid. Transfer to the fridge to set for at least one hour.
- 3 Top with mango and hemp seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day.

**Serving Size:** One serving is equal to approximately 3/4 cup with toppings.