

Holidays *on the*

AUTOIMMUNE PROTOCOL

a recipe guide by the aip blogging community

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About this Guide

One of the hardest parts of being on a restricted diet around the holidays is figuring out how to get through all of the celebratory meals while continuing to stay on track. Fortunately, there is now a wealth of autoimmune-protocol compliant holiday recipes, and we bloggers have come together to create a resource that will help you set yourself up for success this season.

It is our hope that by making holiday meal planning a little easier, you will have more time to gather and celebrate with the ones you love, stress-free!

Notes

- * This is an interactive document! Instead of finding the recipes here, you will need to click on the links to go to the recipe page on the original author's website.
- * All recipes are compliant for the autoimmune protocol--no grains, beans, dairy, eggs, nuts, seeds, or nightshades. Phew!

Recipes

APPETIZERS:

Bacon Wrapped Butternut Squash Bites

Paleo Party Meatballs

Roasted Squash Soup with Thyme

Sweet and Sour Paleo Meatballs

Seared Scallops with Pear, Kale and Maple Cranberry Glaze

AIP Hummus Plate

Cranberry Relish Meatballs

Bacon Wrapped Dates

Bay Scallop Ceviche with Mandarin Oranges

BREADS AND ROLLS:

Chewy Pumpkin Spice Breakfast "Cookies"

Cinnamon Raisin Rolls

Plantain Focaccia

Golden Squash Drop Biscuits

Coconut Socca/ Farinata

Flatbread

Pumpkin Bread

Garlic Breadsticks

SAUCES:

Citrus-Cranberry Relish
Ginger Pear Cranberry Sauce
Naturally Sweetened Cranberry Sauce
Asparagus with Bitter Lemon Pesto
Grain Free Gravy
Carrot Ginger Sauce
Apple Butter

VEGGIE SIDES:

Apple Cranberry Stuffing
Zucchini and Bacon Sauté
Roasted Golden Beet Salad
Roasted Beets, Brussels Sprouts, and Carrots
Emerald City Soup
Roasted Carrot Whip
Sauteed Collard Greens and Apples
Napa Cabbage & Prosciutto
Maple Cranberry Brussels
Arugula, Apple & Bacon Salad with Cranberry Vinaigrette
Celeriac Remoulade
Pasta(less) Salad
Cajun Dirty Rice
Maple Roasted Brussels Sprouts and Cranberries
Pink Root Mash

STARCH SIDES:

Parsnip and Celeriac Mash with Caramelised Onions
Not So Sweet Tzimmes
Roasted Sweet Potatoes with Pomegranate Molasses
Scalloped Potatoes
Latkes
Winter Veggies in Spiced Coconut Milk
Twice baked Sweet Potatoes
Thyme Roasted Acorn Moons
Butternut Squash Risotto
Butternut Squash-Cauli Mash with Coconut & Lime
Baked Sweet Potato Topped with Caramelised Apples and Honey
Delicata Squash 'Anna'

FRUIT SIDES:

Pear and Swede Bake
Pontefract Cakes
Pink Grapefruit and Avocado Salad
Jicama Pear Pomegranate Salad
Broiled Grapefruit

ENTREES:

Spatchcocked Turkey
Best Ever Brined Turkey and Gravy
Italian Stuffed Leg of Lamb
Pork Roast with Onion Apple Gravy
Slow-Roasted Prime Rib
Red Palm Oil Roast Chicken

DESSERTS:

Pumpkin Spice Cake with Gingersnap Crust

Baked Grannies

Cinnamon Clove Coconut Macaroons

Pumpkin Roll with Cinnamon Molasses Spread

Gingersnap Cookies and Coconut Milk

Coconut Apple Cranberry Crisp

Cranachan

Pumpkin Mousse

Pumpkin Ice Cream

Banana Bread Macaroons

Pumpkin Mousse

Cranberry Apple Pie

Acorn Squash Honey Custard

Pumpkin Pie Squares

Pumpkin Spice Cookies with Maple Crispies

No Bake Pumpkin "Cheesecake" Treats

Salted Caramelized Plantains with Coconut Cream

Apple Pie Pudding

Coconut Cream Pie

Apple Pie

Pumpkin Spice Macaroons

TURKEY LEFTOVERS:

Pot Pie

Leftover Turkey Salad

Bone Broth