

“VEGAN AIP” EASY-PEASY, ESSENTIAL, SURVIVAL, STARTER SNACK GUIDE

- 18 delicious “Vegan AIP” snack ideas to find locally (in the U.S.)
- 17 can’t live without — “Vegan AIP” easy-peasy snack recipes
- 4 yummy dip recipes for any occasion
- 4 scrumptious sweet — snack recipes (energy, breakfast, any time!)
- 2 delicious savory (with lots of variations) — snack recipes
- And, more!!



Tanya Coen

Introduction

~ The links that are “Clickable” throughout the Snack Guide ~ are in Red

1. There are 3 phases to the Vegan AIP Protocol:

○ Elimination Phase ~

These recipes are all “Elimination Phase” (the first phase) - for those starting out on the Vegan AIP diet. *

Note: Some of the recipes included were not Vegan, before my modifications.

- **No Foods:** <https://thrivehealvegan.com/no-food/>
- **Yes Foods:** <https://thrivehealvegan.com/yes-food/>
- **Tips:** <https://thrivehealvegan.com/vegan-aip-tips/>

○ Reintroduction Phase ~

<https://thrivehealvegan.com/the-reintroduction-phase/>

- **Maintenance Phase** ~ You’ve found a groove - having discovered your food triggers, and what your body needs to thrive.

2. For broths in recipes below use: “Pacific” Brand Mushroom Broth. It’s Vegan AIP compliant (or, use other veggie broths with no nightshades, additives, or chemicals)

3. For Coconut milk recipes: use full-fat coconut milk with no additives like: “Native Forest (No Guar),” “Golden Star,” “Thrive Market,” “Natural Value.”

4. WF stands for Whole Foods (a store in the U.S.).

5. [How to substitute Gelatin for Vegan agar-agar flakes or powder.](#)

6. Many people on “Vegan AIP” advocate for eating 9-12 c. of vegetables daily. Green Smoothies or ~ steaming, roasting, and sautéing lots of veggies (especially dark leafy greens and cruciferous veggies) ~ **are a great way to get your “protein”, your amino acids, and nutrition on the Vegan AIP.**

7. Sensitivities: Some people in the auto-immune community still have sensitivities to some “AIP Compliant” foods, including:

- ~ Cassava-based products (yuca, tapioca, arrowroot)
(Some people tolerate arrowroot more than cassava and tapioca.)
- ~ Nutritional yeast ~ Coconut products ~ Tigernut

There can be sensitivities to other AIP-compliant foods, as well.

- Just be aware, and take note if you are reacting to a food.
- Keep your diet diverse (don't eat the same thing every meal).
- And, be sure to find a doctor you can trust to help you troubleshoot your particular situation (Functional Doctors, Naturopaths).



I encourage you just to experiment and try recipes using these different ingredients. That's the only way to find out what you might be sensitive to!

Check out all of the delicious Snack Tips, Ideas, and Recipes Below!

* Check Out My Website: <https://thrivehealvegan.com/>
for A Lot More Recipes and Info on the Vegan AIP!

*And, also check out this Fabulous Website ~Where you can order lots of A.I.P. products: FullyHealthy.com

(Just Be sure to filter your search for “Elimination Phase” and “Vegan” Products Only!)

Go and Grab Snacks

Found At Your Local U.S. Stores, online, and
FullyHealthy.com

Chips and Crackers

Check the ingredients in these products before purchasing:

- Manufacturers sometimes change from using compliant avocado / olive / coconut oil -- to non-compliant canola, safflower, or sunflower oil.
- Also, make sure they have no additives or chemicals.

Terra: mixed vegetable chips - the “Plantains” & “Sweet Medley” are AIP compliant. Others are not.

Barnana, Plantain Chips, and Crisps: their tortilla chips, though — are not compliant.

Artisan Tropics: cassava or plantain chips

Jackson's Honest Brand: sweet potato chips

Amazi: baked plantain chips.

Seaweed Crisps: various brands.

Kale Chips: various brands.

Casabi Cassava Crackers

Other Tasty Treats

Fruit, Veggies, Salad

Enjoy! But, Don't overdo it on fruit. Limit your fruit intake to about 2-5 servings daily. Dried fruit, is high glycemic and should be reserved for the occasional treat. (Sarah Ballantyne / Paleo Mom).

Fresh and Dried Fruit: dried Jackfruit (WF), Coconut, Raisins, Dates, Figs, Apples, Blueberries, Strawberries, Mango, etc. from regular and natural food stores.



Veggie Go's: whole fruit & veggie strips.

Peeled Fruit and Veggies

Apple Sauce Pouches

That's It Fruit Bars

Simply Nature Fruit Strips

Wild Zora Fruit Packets: real fruit and air-dried fruits.

Bare Fruit Chips

Veggies: Cruciferous Veggies, Avocado, Olives, Cucumbers, Carrots, Celery, Artichoke Hearts, etc.

* Cruciferous Veggies (High in Protein & Nutrition): Broccoli, Cauliflower, Cabbage, Arugula, Bok Choy, Brussel Sprouts, Collard Greens, Kale, Kohlrabi, Rutabaga, Radish, etc.

Salad: from most stores.

Essential Snack Recipes

Dips, Sweet Treats, Savory, and More

Dips

Eat with chips, veggies, or on a sweet potato

1) **Cauliflower Hummus** (Kari Owens)

2) **Tigernut Butter** (Thriving On Paleo)

3) **Guacamole:** avocado, onion, garlic, lime, salt to taste with chips or as a burrito in a Siete cassava burrito tortilla, or collard or kale leaf.

4) Spinach and Artichoke Dip (Unbound Wellness)

TIP: Use artichokes without additives, **OR** — Soak artichokes overnight to remove the citric acid or other additives.



Sweet

1) Tigernut Maple Granola (The Unskilled Cavewoman)

Note: I left out the Arrowroot flour, as I didn't see a need for it. Many people are sensitive to Cassava-based products. It definitely "was not" needed. Also, If you want it less sweet, you can substitute coconut milk for some or all of the maple syrup.



2) **Chocolate Banana Cookies** recipe w/ glaze (Eat Beautiful)
banana, tigernut flour, carob, baking soda.

I love this frosting with them:

Coconut-maple glaze

- 1/4 c. coconut butter (manna), melted
- 1 TBSP maple syrup
- 2 TBSP full-fat coconut milk (guar & additive free),
- warmed 1/2 tsp pure vanilla extract
- Pinch of sea salt



3) Apple Cinnamon Bars & Variations (Real World AIP)

pear ginger, lemon blueberry, cranberry orange, carrot cake, pumpkin spice.

4) Tigernut Energy Bites (Gutsy by Nature)

* Leave out collagen peptides. Not Vegan, not necessary!



Savory

1) **Tacos:** Use Siete cassava 'burrito-size' wraps (taco-sized are not compliant), steamed collard green or kale leaves or, lettuce — as a wrap. Or, order the fabulous [“Coyotas”](#) cassava tortillas: _



Taco Fillings:

- **Jackfruit:** Rinse, break it apart, toss with some oil (olive or avocado) & seasonings (**season options:** onion powder, garlic powder, basil, rosemary, thyme, parsley, marjoram, tumeric, sea salt, ganthoda powder) ~ **and sauté** in oil (avocado or olive) — **OR**, toss in the oven on a baking sheet until crispy.
- **Hummus** (see the “Dip” section above)



- **Baked & Breaded Veggies:** cauliflower, zucchini, oyster mushrooms
 1. Dip Veggies in full-fat coconut milk with no additives. You can also dip them in a little broth (additive and nightshade free), such as: Pacific Mushroom Broth. * If using broth ~ just add a little oil (olive or avocado), — for added stickiness.

2. Place on baking tray
3. Coat both sides of veggies with crumbs from favorite AIP chips/crackers.
4. Sprinkle with sea salt, onion & garlic powders.
5. Bake until browned.

Taco Toppings:

- Lettuce, onion, AIP salsas, sauerkraut, coconut yogurt!
- **Avocado Salsa Verde** (Mexican Please)
Delicious and very authentic!
- **Pico de Gallo-Style Salsa:** just diced mango, peaches, kiwi, or strawberries, diced red onion, cilantro, lemon, and salt.



2) Noodle Dishes:

- **Sweet Potato Noodles:** (just sweet potato — no other ingredients) found at your local Asian grocery store.
- **Spiralized Veggie Noodles:** sweet potato, zucchini, etc. You'll need some kind of Spiralizer equipment, electric or manual, for this. Or, just use a shredder and make long shredded noodles.
- **Jovial Cassava Pasta:** natural food stores or online.

Noodle Dish Sauces:

Mix & Match from ingredients below til your hearts content — and add veggies: carrots, broccoli, bok choy, mushrooms, etc.

- Coconut Milk
- Mushroom broth
- Garlic and onion powder
- Coconut aminos
- Sea salt

Or ...

- **Try Some Pesto:** blend basil or any dark leafy greens with oil (avocado or olive oil), garlic, lemon, and sea salt! You can also add some Nutritional Yeast. But make sure it is “Non-Fortified” Nutritional Yeast. You can usually only find this online.

Here's one recipe! Experiment making your Pesto with Kale and Other Greens, too

[Pesto Sauce](#) recipe at Wendi's AIP Kitchen.

Salad

This is a fantastic salad, fast, easy & keeps well!



Golden Beet & Golden Raisin Salad:

Simply shred raw beets, and mix in some golden raisins, avocado oil, lemon juice, sea salt, and finely chopped fresh mint. I also like to add some thinly sliced apples. You could also cook the beets and cube them and mix in the other ingredients!

One Good Soup

Very savory and Satisfying

Broccoli Cheddar recipe by The Honest Spoonful.



Bread



1) **Plantain Buns** (The Curious Coconut) Near the end of cooking I brushed these buns with a mixture of olive oil, sea salt, and a little parsley. It really elevated them!

2) **3 Ingredient Plantain Tortillas** (The Castaway Kitchen)

Green Smoothie

This is a great way to get in lots of greens!



My Favorite Smoothie Recipe:

- Some water
- 1/2 - 1 Banana
- 1/2 - 1 c. ~ mixture of berries & other fruit
 - Berries are best ~ because they have less sugar!

- 4 - 5 c. of greens (the more, the better!)
- You could also add some ginger or carob powder for variation!

Bonus

Yummy Holiday Desert!!

Pumpkin Panna Cotta Tart (Sweet Treats)

~ I hope you thoroughly enjoy all of my favorite treats above! And, I hope they make starting Vegan AIP super fun and easy ~ on your road back to a joyful and vibrant health!!

Much love,
Tanya

ThriveHealVegan.com