



Five **5-Ingredient**

ALLERGY-FRIENDLY

Paleo Recipes

includes AIP & Coconut-Free swaps

Samantha Teague, PNC, HNLC, HWC

FIVE 5-INGREDIENT PALEO RECIPES

by Samantha Teague
of The Unskilled Cavewoman

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Allergy-friendly cooking shouldn't take all day.

I hope you enjoy these delicious, allergy-friendly Paleo recipes that can all be made AIP-compliant!

Ingredients which are not compliant with the elimination phase of the Paleo Autoimmune Protocol are **colored in purple**; following the ingredient you will note a compliant substitute in parenthesis.

Each recipe has **just 5 main ingredients** (*with the exceptions of salt, water, and cooking fats*)

My mission is to make this chronic illness journey of yours a little easier, a little more do-able, and a little less overwhelming. Because I see you and I know how much you struggle simply trying to exist, balance your life, and feel better.

XX,

Samantha





Sausage Stuffed Mushrooms

Serves 4

Prep time: 10 minutes Cook time: 20-25 minutes

Great as a breakfast or snack, or as a main course served with a cool, crunchy salad.

INGREDIENTS

3 Tbsp olive oil, divided

4 green onions, finely chopped

1 lb lean ground pork

¼ cup [nutritional yeast](#)

Himalayan salt, to taste

16 oz medium Portobello mushrooms, rinsed, stems removed, and patted dry

OPTIONAL ADDITIONAL INGREDIENTS:

1 tsp each garlic powder and dried herbs

2 tsp [fennel seeds](#) (AIP reintroduction)

1/3 cup [crumbled goat cheese](#) (AIP reintroduction)

Sausage Stuffed Mushrooms

INSTRUCTIONS

1. Preheat oven to 350°F and lightly grease a large sheet pan with one tablespoon olive oil. Set aside.
2. Heat remaining olive oil in a large skillet over medium heat. Add green onions and cook, stirring occasionally, until they have softened and developed a bit of color, approximately 3-4 minutes.
3. Add pork to the skillet. Cook until no longer pink, approximately 6-8 minutes, breaking up the pork into small pieces while cooking.
4. Add nutritional yeast and salt to skillet and stir well. Stir in optional additional ingredients if desired. Remove from heat and set aside.
5. Fill each mushroom cap with some of the pork mixture. Drizzle the mushrooms with remaining olive oil.
6. Place pan in the pre-heated oven and roast until the mushrooms are slightly browned around the edges, approximately 10-12 minutes. Remove from oven and serve immediately. Enjoy!



Papaya Beauty Bowls

Serves 4

Prep time: 7 minutes Cook time: 0 minutes

A quick and easy breakfast or snack! Full of skin-beautifying ingredients and rich in antioxidants.

INGREDIENTS

2 very ripe papayas

3 cups additive-free coconut milk yogurt

2 cups blueberries, or berries of choice

½ cup coconut flakes or [shredded coconut](#), unsweetened and lightly toasted

3 Tbsp [ground chia and/or flax seeds](#) (for AIP, sub **tigernut flour**)

COCONUT-FREE OPTION:

Use melted [tigernut butter](#) to taste as a drizzle in place of the coconut milk yogurt.

Use toasted [sliced tignuts](#) in place of the coconut flakes.

Papaya Beauty Bowls

INSTRUCTIONS

1. Slice each papaya in half lengthwise. Scoop out the seeds with a large spoon and discard.
2. Divide the coconut yogurt equally between the papaya halves and top with the blueberries, toasted coconut flakes, and [chia seeds](#) or tigernut flour.
3. Serve immediately and enjoy!



Protein Veggie Skillet

Serves 4

Prep time: 5 minutes Cook time: 20-25 minutes

Minimal chopping gets this nutrient-dense meal on the table in about 30 minutes!

INGREDIENTS

- 1 Tbsp olive oil
- 1 lb ground meat of choice (I love ground chicken in this recipe)
- Himalayan salt, to taste
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 large sweet potatoes, peeled and diced into small cubes
- 1 12-oz bag frozen broccoli florets

Protein Veggie Skillet

INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the ground meat and season with salt, onion powder, and garlic powder.
2. Cook, stirring occasionally, until the meat is slightly browned and no longer pink, around 6-8 minutes. While cooking, break up the meat into small chunks with a spatula or meat chopper.
3. Add the sweet potatoes to the skillet and continue cooking until they become soft and slightly crisp around the edges, approximately 10-12 minutes.
4. Add the broccoli and season with additional salt, onion powder, and garlic powder. Stir to combine.
5. Cover and allow the broccoli to steam for 3-4 minutes or until heated through and tender-crisp. Remove from heat and serve immediately. Enjoy!



Pineapple Beef Stir-Fry

Serves 4

Prep time: 10 minutes Cook time: 5 minutes

This quick meal comes together in under 20 minutes and is packed full of flavor!

INGREDIENTS

- 1 Tbsp olive oil
- 1 lb beef flank steak, thinly sliced against the grain
- 2½ cups fresh pineapple chunks
- 3 Tbsp [coconut aminos](#)
- 3 green onions, thinly sliced
- 1 bag riced cauliflower, steamed

OPTIONAL ADDITIONAL INGREDIENTS:

- 1 tsp each garlic powder and ginger powder

COCONUT-FREE OPTION:

- Use [gluten-free fish sauce](#) to taste in place of the coconut aminos.

Pineapple Beef Stir-Fry

INSTRUCTIONS

1. Heat the oil in a large high-sided skillet or wok over high heat. Add the beef and pineapple.
2. Stir-fry the beef and pineapple over high heat until the beef is cooked through and the pineapple develops a slight golden color, approximately 2-3 minutes.
3. Add the coconut aminos, then the optional additional ingredients if desired. Stir-fry for another 1-2 minutes, or just until the mixture is warm and bubbly. Taste, then season with Himalayan salt if desired.
4. Remove from heat and stir in the scallions. Transfer to individual plates and serve immediately over the steamed riced cauliflower. Enjoy!



Apple Collagen Crumble

Serves 4

Prep time: 10 minutes Cook time: 25-30 minutes

A healthy dessert, snack, or breakfast that makes the whole house smell amazing as it bakes!

INGREDIENTS

- 3 Tbsp refined coconut oil, melted (plus extra for greasing)
- 2 lg apples, peeled and diced
- 3 Tbsp pure maple syrup, divided
- 1/3 cup cassava flour
- 2 Tbsp [collagen powder](#)
- 1/8 tsp Himalayan salt

OPTIONAL ADDITIONAL INGREDIENTS:

- 2 tsp ground cinnamon
- 1 tsp ground mace

COCONUT-FREE OPTION:

Use [sustainable palm shortening](#) in place of the coconut oil.

Apple Collagen Crumble

INSTRUCTIONS

1. Preheat oven to 350°F and lightly grease a small baking dish with a little melted oil. Set aside.
2. Toss the apples with 1 tablespoon of maple syrup, then with the optional additional ingredients if desired. Pour into the prepared baking dish. Spread apple mixture into an even layer and set aside.
3. In a small bowl, combine the cassava flour, collagen, salt, remaining melted oil, and remaining maple syrup. Stir to combine thoroughly, then evenly spread the mixture over the apples.
4. Place in the pre-heated oven and bake until the topping is golden brown and the apples are tender, approximately 25 - 30 minutes. Remove from oven and cool for a couple minutes before serving. Enjoy!

NOTE

This tasty recipe is delicious and satisfying by itself or paired with chilled, whipped coconut cream or topped with pureed frozen bananas as a coconut-free, dairy-free "ice cream."