WE CAN ALL SCREAM FOR ICE CREAM

paleo autoimmune protocol recipes of frozen treats

jennifer robins & vivian cheng
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## Food Intolerance Symptoms

Food allergy symptoms and environmental sensitivities aren’t always obvious.

### Neurological Symptoms
- Amnesia
- Apathy
- Aphasia
- Blackouts
- Coma
- Delusions
- Depression
- Disorientation
- Dizziness
- Emotional instability
- Epilepsy
- Fainting
- Fatigue
- Feeling of indecision
- Hallucinations
- Headache
- Hyperactivity
- Impaired comprehension
- Impaired coordination
- Insomnia

### Respiratory Symptoms
- Asthma
- Bronchitis
- Coughing
- Runny nose
- Shortness of breath
- Sinusitis
- Wheezing

### Gastrointestinal Symptoms
- Abdominal pain
- Belching
- Bloating
- Canker sores
- Colitis
- Constipation
- Diarrhea
- Diverticulitis
- Duodenal ulcer
- Excessive gas
- Food cravings
- Gagging
- Gall bladder pain
- Heartburn
- Hemorrhoids
- Hunger pains
- Indigestion
- Nausea
- Peptic ulcers
- Salivation
- Stomach cramps
- Vomiting

### Joint Symptoms
- Arthralgia (joint pain)
- Arthritis
- Swollen ankles

### Musculoskeletal Symptoms
- Backache
- Muscle pain
- Neck ache

### Skin Symptoms
- Acne
- Bleeding and bruising
- Clammy skin
- Cracked skin
- Eczema
- Hives
- Itching
- Sweating

### Other Symptoms
- Bed-wetting
- Cataracts
- Conjunctivitis
- Diabetes
- Dysmenorrhea
- Earaches, ear inflammation, ear discharge
- Failure to thrive in infants
- Fever

### Circulatory Symptoms
- Anemia
- Angina pectoris
- Chest pain
- Edema
- High blood pressure
- Irregular heartbeat
- Irregular pulse
- Phlebitis

### Source
the commodity crops and main ingredients of the processed food industry (corn, wheat and soy) are also avoided.

The Paleo Autoimmune Protocol takes the Paleo diet a step further by also eliminating foods that are common food intolerances: dairy, eggs, nuts, seeds and nightshades. These foods cause sensitivity reactions because they can irritate and inflame the walls of your intestines and over time, they can increase the permeability of the intestinal walls to make the gut more ‘leaky’.

Food particles that ‘leak’ out of the digestive tract and into the bloodstream cause your body to treat these particles as invaders and attack – and it’s this invasion that can cause your body to mount an autoimmune response. You may have heard of autoimmune diseases like Celiac disease, Addison’s disease, type 1 Diabetes, rheumatoid arthritis and others. However, an autoimmune response can manifest itself in more ways than most people realize, including skin conditions like psoriasis and eczema, joint and muscle aches, or more subtly in mood and behavioral changes.

The idea with the Paleo Autoimmune Protocol is to eliminate the common inflammation-causing foods for a period of time and then slowly re-introduce them and monitor yourself for symptoms. Some people may be able to successfully heal their guts to eventually re-introduce all of these foods, while others may find that they are better off permanently eliminating these common inflammatory foods.

We’re here to let you know though, that even if you have these food restrictions, you can still enjoy ice cream as an occasional treat like ‘normal’ people. It’s possible and the recipes in this book show you how.
ICE CREAM & SORBET RECIPES

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Intensify the green and increase the nutrition by adding more spinach!
MINT CHIP ICE CREAM

Our version of this ice cream parlour fave skips the dairy, refined sugar, and artificial coloring and adds in real nutrients with the fresh spinach for added green color!

MAKES: 2 CUPS OR 4 SERVINGS  DIFFICULTY LEVEL: Easy

INGREDIENTS

½ cup coconut oil, melted
1 tablespoon carob powder
1 can (13.5 fl oz/398 ml) full fat coconut milk
½ teaspoon real peppermint extract
¼ cup fresh mint leaves
3 tbsp pure maple syrup
Handful fresh baby spinach

Follow this link to recommended ingredients and other resources.

DIRECTIONS

1. Pre-freeze your ice cream maker’s insulated container. Or if you do not have an ice cream maker, place a baking dish in the freezer. Make your ‘chips’ by combining the coconut oil and carob powder in a shallow dish, and place it in the freezer for about 20 minutes, or until completely frozen.

2. In a blender or food processor, combine your coconut milk, peppermint extract, mint leaves, and maple syrup. If you want a greener looking ice cream, add in the fresh baby spinach. Blend until the leaves are well combined and your mixture is smooth.

3. Remove your frozen carob mixture from the freezer, and break up the thin, frozen layer into chips with your hands or a fork. Add chips to ice cream mixture.

4. If using an ice cream maker: pour mixture into ice cream maker and follow the directions for your machine. Serve when ready.

— OR —

A. If not using an ice cream maker: pour mixture into a baking dish, and place it in the freezer. Freeze for 45 minutes.

B. Remove the mixture from the freezer and stir it well with a rubber spatula, making sure to break up any hard, frozen sections. You can also use an immersion blender, in your baking dish to do this. Place the mixture back in the freezer.

C. Every 30–45 minutes, check the ice cream mixture and mix or churn it, until the ice cream is of the desired consistency. This should take about 2 to 3 hours.

D. Freeze longer for a harder ice cream, or allow to thaw slightly before serving for a softer texture.