

# AIH Comfort Foods Made Healthy



The Air Fryer Edition

# Introduction

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## **Comfort Food Without the Guilt**

If you're reading this, chances are you've been told—maybe more times than you can count—that you need to “watch what you eat.” Living with Autoimmune Hepatitis (AIH) comes with a long list of dietary restrictions, and for many, that list includes saying goodbye to beloved comfort foods.

Fried chicken? Off-limits.  
Crispy fries? Too much fat.  
Creamy mac & cheese? Not a chance.

But here's the thing: food isn't just about nutrition—it's about comfort, joy, and connection. It's the warmth of your grandmother's biscuits, the late-night pizza with friends, or the big bowl of pasta after a long day. Giving up those foods entirely? That can feel like losing a part of yourself. But what if you didn't have to? That's where this book—and your Airfryer—comes in.



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## **The Airfryer: Your Secret Weapon for AIH-Safe Comfort Food**

The Airfryer isn't just a trendy kitchen gadget—it's a game-changer, especially for those managing AIH. Why? Because it lets you enjoy the crispy, golden, indulgent textures you love without the excess fat, heavy oils, and inflammation triggers that can stress your liver.



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## Here's why it works:

- ✓ **Less Oil, More Crunch** – Traditional frying soaks your food in unhealthy oils, but Airfrying uses hot air to get that crispy texture with little to no oil.
- ✓ **Easier on Digestion** – AIH-safe cooking means cutting back on fried, greasy, and processed foods. The Airfryer gives you the flavor and texture of fried food without the gut stress.
- ✓ **Nutrient Retention** – High-heat deep frying destroys nutrients. Airfrying preserves more vitamins and minerals, making meals both delicious and nourishing.
- ✓ **Quick & Easy** – Let's be real—when you're managing a chronic illness, you don't have energy for complicated cooking. The Airfryer gets meals on the table fast.

So yes, you CAN have fries, crispy chicken, and even pizza—just in a smarter, AIH-friendly way.

## What You'll Find in This Book

This book isn't about restriction—it's about transformation. You're not giving up comfort food; you're reclaiming it in a way that supports your health.

Inside, you'll find:

🍗 **Crispy, golden "fried" favorites** – AIH-safe versions of fried chicken, fries, and nuggets.

🍕 **Guilt-free pizza & breads** – Gluten-free crusts, dairy-free toppings, and crunchy garlic bread.

🍝 **Creamy, satisfying pasta dishes** – Without the heavy dairy or gluten.

🍪 **Decadent desserts that won't spike inflammation** – From brownies to warm cinnamon apples.

💡 **Smart ingredient swaps** – So you can enjoy rich flavors without the inflammation.



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## **Every recipe is designed to be:**

- ✓ Easy to make – Minimal steps, everyday ingredients.
- ✓ AIH-safe – Free from liver-harming fats, sugars, and allergens.
- ✓ Absolutely delicious – Because healthy food should NEVER be boring.

## **The Emotional Side of Eating with AIH**

Let's talk about the elephant in the room: food cravings. AIH isn't just a physical condition—it's an emotional journey, and food plays a huge role in that.

Maybe you've:

- Felt frustrated watching family and friends enjoy foods you "can't" have.
- Struggled with cravings for things you know aren't good for you.
- Felt left out at social gatherings because your plate looks different.

If that sounds familiar, I want you to know something: you are not alone.

I remember my first holiday season after my AIH diagnosis. I was staring at a table full of creamy mashed potatoes, buttery biscuits, and rich desserts—things I used to love—and I felt a deep sadness. Food had always been my way of celebrating, connecting, and finding comfort. And suddenly, I felt like I had to give that up.

But over time, I learned something important: it's not about deprivation—it's about reimagining comfort food in a way that loves you back.

That's why I created this book—to help you bring comfort food back into your life, safely and deliciously.

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## **Smart Swaps for Comfort Food Without the Consequences**

Before we dive into recipes, let's go over a few game-changing swaps that will make your meals both delicious and AIH-friendly.

### **1. Fried Without the Frying**

✗ Traditional Method: Deep frying in inflammatory oils = bad news for your liver.

✓ AIH-Friendly Swap: Airfrying with a light avocado oil spray for crispy, golden perfection.

Example: Instead of deep-fried chicken, try Airfryer almond-crusted tenders—crispy outside, juicy inside, and zero guilt.

### **2. Creamy Without the Dairy**

✗ Traditional Method: Heavy cream, butter, and cheese can cause inflammation.

✓ AIH-Friendly Swap: Cashew cream, coconut milk, or blended sweet potatoes for a silky, gut-friendly texture.

Example: Think mac & cheese is off-limits? Not anymore! Try a velvety, AIH-safe cashew cheese sauce that's just as creamy—without the consequences.

### **3. Sweet Without the Sugar Crash**

✗ Traditional Method: Refined sugar spikes blood sugar and adds stress to your liver.

✓ AIH-Friendly Swap: Maple syrup, honey, mashed bananas, or dates for natural sweetness.

Example: Love brownies? Airfryer sweet potato brownies are fudgy, rich, and packed with nutrients—no refined sugar needed.

### **4. Gluten-Free Without the Dry, Tasteless Texture**

✗ Traditional Method: Wheat flour = inflammation risk.

✓ AIH-Friendly Swap: Almond flour, oat flour, or cassava flour for a better-for-you bite.

**Example:** Craving biscuits? Try Airfryer almond flour biscuits—flaky, buttery, and 100% AIH-approved.

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## **Final Thoughts: This is About Enjoying Food Again**

This book isn't just about recipes—it's about bringing joy back to your kitchen. It's about:

- ✓ **Feeling empowered** instead of restricted.
- ✓ **Making comfort food that loves you back.**
- ✓ **Never feeling left out at the dinner table again.**

With your Airfryer and a little creativity, you don't have to choose between delicious and healthy—you can have both.

So, grab your Airfryer, and let's get cooking. Because you deserve to enjoy food again—without the guilt.



# Smart Swaps for AIH-Friendly Comfort Food

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## Comfort Food Without the Consequences

Let's be honest—giving up your favorite foods is tough. When you're craving something warm, crispy, or creamy, a plate of plain steamed veggies just won't cut it. But here's the secret: you don't have to give up comfort food—you just have to make it work for you.

The right ingredient swaps can transform your favorite dishes into liver-friendly, AIH-safe versions—without sacrificing flavor or texture.

Miss your buttery biscuits? Love a good mac & cheese? Dreaming of crispy, golden fries?

You can have it all. You just need smarter swaps that protect your liver without killing the joy of eating.

## 1. Frying Without the Fat Overload

The Problem: Traditional frying soaks food in unhealthy oils, leading to inflammation, weight gain, and extra strain on your liver.

### The Smart Swap: Airfry instead of deep-fry.

Your Airfryer can give you that crispy, golden crunch with little to no oil. But even when oil is needed, choosing the right one makes a huge difference.

#### Best Oils for AIH:

- ✓ **Avocado oil** – High smoke point, full of healthy fats.
- ✓ **Extra virgin olive oil** – Anti-inflammatory, great for roasting.
- ✓ **Coconut oil** – A good dairy butter replacement for baking.

🔥 **Pro Tip:** To get extra crispy results in the Airfryer, lightly mist your food with avocado oil instead of drenching it.

**Example:** Instead of deep-fried chicken, try Airfryer almond-crusted chicken—all the crunch, none of the greasy aftermath.

## 2. Creamy & Cheesy – Without the Dairy Drama

The Problem: Dairy is a major trigger for many AIH patients, often causing bloating, inflammation, and digestive distress.

The Smart Swap: Cashew cream, coconut milk, and dairy-free cheese alternatives.

Creamy sauces don't need heavy cream! Blended cashews, coconut milk, or even mashed cauliflower can give you the same rich texture—without the side effects.

#### Best Dairy Replacements:

- ✓ **Cashew cream** – Soaked cashews blended with water = perfect dairy-free cream.
- ✓ **Coconut milk** – Great for soups, sauces, and baking.
- ✓ **Nutritional yeast** – Adds a cheesy, umami-rich flavor to sauces and pastas.

**Example:** Instead of traditional mac & cheese, try Airfryer mac & “cheese” with a cashew-based sauce. It's creamy, comforting, and totally AIH-approved.

🔥 **Pro Tip:** Adding a little mustard or garlic powder to your dairy-free sauces helps mimic the depth of traditional cheese.

### 3. Gluten-Free That Actually Tastes Good

The Problem: Gluten can trigger gut issues, inflammation, and AIH flare-ups. But many gluten-free alternatives taste... disappointing.


The Smart Swap: Almond flour, oat flour, and cassava flour.

These naturally gluten-free flours offer a better texture and more nutrients than processed gluten-free options.

#### Best Gluten-Free Flours for AIH:

- ✓ **Almond flour** – Perfect for baking and crispy coatings.
- ✓ **Oat flour** – Soft and neutral, great for pancakes and muffins.
- ✓ **Cassava flour** – The closest texture to traditional flour.

**Example:** Instead of traditional biscuits, make Airfryer almond flour biscuits—they're soft, buttery, and gluten-free!

 **Pro Tip:** Adding a teaspoon of apple cider vinegar to gluten-free baked goods makes them fluffier and lighter.

### 4. Sweet Without the Sugar Crash


The Problem: Refined sugar can cause blood sugar spikes, inflammation, and liver stress. AIH patients need to avoid processed sugars but still want a treat now and then.

The Smart Swap: Natural sweeteners like honey, maple syrup, or fruit purees.

#### Best AIH-Friendly Sweeteners:

- ✓ **Pure maple syrup** – Milder than honey and packed with minerals.
- ✓ **Raw honey** – Anti-inflammatory, but use in moderation.
- ✓ **Mashed bananas or applesauce** – Great for naturally sweet baked goods.

**Example:** Instead of store-bought cookies loaded with processed sugar, try Airfryer banana oat cookies—naturally sweet and packed with fiber.

 **Pro Tip:** Adding a dash of cinnamon or vanilla extract can boost sweetness without extra sugar.



## 5. Meat That's Easier to Digest


The Problem: Fatty meats can be hard for the liver to break down, leading to sluggish digestion and discomfort.

The Smart Swap: Lean proteins and plant-based options.

### Best AIH-Friendly Proteins:

- ✓ Chicken breast & turkey – Lean, easy to digest, and high in protein.
- ✓ Wild-caught fish – Full of healthy omega-3s that fight inflammation.
- ✓ Lentils & chickpeas – A great plant-based alternative.

**Example:** Instead of greasy beef burgers, try an Airfryer turkey burger with anti-inflammatory spices like turmeric and ginger.

 **Pro Tip:** Marinate meats in lemon juice, apple cider vinegar, or yogurt before cooking to break down proteins and make them easier to digest.

### Final Thoughts: The Power of Simple Swaps

The best part about these ingredient swaps? They don't feel like sacrifices. Instead of giving up the foods you love, you're upgrading them—making them better, tastier, and easier on your body.

So, the next time you're craving something crispy, creamy, or sweet, remember: You don't have to say no—you just have to make it AIH-friendly.

Now, let's put these smart swaps into action with some delicious, comfort food recipes that love your liver back!

# Crispy, Golden, and Delicious – AIH-Friendly Fried Foods

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## **Can You Still Enjoy Fried Food with AIH?**

Absolutely! If you've been told to avoid fried foods because of their high fat and oil content, you might be feeling a little frustrated. After all, who doesn't love the crispiness of a perfectly fried chicken strip or a basket of golden fries?

Here's the good news: You don't have to give them up—you just need a smarter approach.

With the Airfryer, you can enjoy the crunchy, golden deliciousness of fried foods without the harmful fats, heavy oils, or liver stress. By using the right cooking techniques and AIH-friendly ingredients, you'll get the same crispy texture without sacrificing your health.

## **How the Airfryer Transforms Fried Foods**

Unlike traditional deep frying, which soaks food in unhealthy oils and adds unnecessary fat, Airfrying:

- ✓ Uses hot air circulation to create a crispy exterior without excess oil.
- ✓ Helps preserve nutrients that deep frying destroys.
- ✓ Reduces inflammatory oils, making food easier on your liver.

The result? Crispy, crunchy, golden-brown goodness—without the guilt.



## **Crispy, Golden Fries – Without the Damage**

Who doesn't love fries? They're warm, crunchy, and completely addictive—but deep-fried versions are loaded with trans fats, refined oils, and excess calories.

Solution? Airfryer fries that are just as crispy, without the liver stress.

Recipe: Ultimate Airfryer AIH-Friendly Fries

Crispy on the outside, fluffy on the inside—these fries check all the boxes.

### **Ingredients:**

- 2 large sweet potatoes (or white potatoes if tolerated)
- 1 tbsp avocado oil
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp turmeric (anti-inflammatory boost!)
- Sea salt to taste

### **Instructions:**

1. Slice potatoes into thin fries. Soak in cold water for 30 minutes to remove excess starch.
2. Drain and pat completely dry.
3. Toss with avocado oil, garlic powder, paprika, and turmeric.
4. Airfry at 380°F (193°C) for 15–18 minutes, shaking halfway.
5. Sprinkle with sea salt and enjoy crispy, guilt-free fries!

👉 **Pro Tip:** Want extra crisp? Add a teaspoon of arrowroot starch before Airfrying.





## Crispy Airfryer Chicken – A Liver-Friendly Classic

Fried chicken is the ultimate comfort food—but it's also one of the worst offenders for AIH patients due to:

- ❌ Deep frying in unhealthy oils
- ❌ Refined flour coatings
- ❌ High-fat cuts of meat

But don't worry—you can still enjoy crispy, juicy fried chicken in a way that's AIH-safe and just as delicious.

Recipe: AIH-Friendly Airfryer Fried Chicken

Golden-brown and crispy on the outside, juicy on the inside—without the grease and guilt.

### Ingredients:

- 2 boneless, skinless chicken breasts
- ½ cup almond flour
- ½ cup crushed gluten-free crackers or panko
- ½ tsp paprika
- ½ tsp garlic powder
- ¼ tsp turmeric (anti-inflammatory boost)
- ½ tsp sea salt
- ½ cup coconut milk (unsweetened)
- 1 tbsp avocado oil spray

### Instructions:

1. Marinate chicken in coconut milk for 30 minutes (optional but makes it juicier).
2. In a bowl, mix almond flour, crushed crackers, and spices.
3. Dredge chicken in the mixture, pressing to coat well.
4. Spray lightly with avocado oil for crisping.
5. Airfry at 375°F (190°C) for 12–15 minutes, flipping halfway.
6. Let rest for a few minutes—then enjoy crispy, AIH-friendly fried chicken!

💡 **Bonus Tip:** Want extra crunch? Double dip the chicken in coconut milk and coating before Airfrying.

## Crispy Onion Rings – A Guilt-Free Crunch

Most onion rings are deep-fried in processed oils and coated in refined flour. This wreaks havoc on digestion and inflammation levels. But with the right swaps, you can still enjoy that irresistible crunch in a way that's AIH-safe.

Recipe: Airfryer Onion Rings

Crispy, golden, and bursting with flavor—without the heavy oils.

### Ingredients:

- 1 large onion, sliced into rings
- ½ cup almond flour
- ½ cup gluten-free panko crumbs
- ½ tsp garlic powder
- ½ tsp paprika
- ¼ tsp turmeric (for inflammation-fighting benefits)
- 1 egg (or flax egg for vegan option)
- 1 tbsp avocado oil spray

### Instructions:

1. Dip onion rings in whisked egg, then dredge in almond flour mixture.
2. Place in Airfryer basket and spray lightly with avocado oil.
3. Airfry at 375°F (190°C) for 10–12 minutes, flipping halfway.
4. Enjoy perfectly crispy onion rings—without the guilt!

👉 **Pro Tip:** Pair with a dairy-free, AIH-friendly garlic aioli made from blended avocado and lemon juice!

### Final Thoughts: Fried Foods Without the Consequences

The Airfryer is a game-changer for AIH patients. It allows you to enjoy crispy, golden, crunchy comfort foods in a way that supports your health rather than harming it.

By making simple swaps—like using almond flour instead of wheat, avocado oil instead of vegetable oil, and Airfrying instead of deep frying—you can recreate all your favorite crispy foods in a way that's actually good for your body.

So go ahead—enjoy those fries, bite into that crispy chicken, and savor those crunchy onion rings—all while knowing you're taking care of your liver at the same time.

# AIH-Safe Fried Chicken That Tastes Like the Real Thing

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## **Crispy, Golden, and Guilt-Free—Yes, It's Possible!**

Fried chicken is one of the hardest comfort foods to give up. That crunchy coating, juicy inside, and rich, savory flavor—it's practically irresistible. But for AIH patients, traditional fried chicken is loaded with troublemakers:

- ✗ Deep-fried in unhealthy oils that can stress your liver.
- ✗ Made with refined flour that may trigger inflammation.
- ✗ Packed with excess fat that can be difficult to process.

But here's the good news: You don't have to give it up! You just need a smarter way to enjoy it—and that's exactly where your Airfryer comes in. With the right ingredients and cooking method, you can still enjoy crispy, golden-brown fried chicken that's packed with flavor—without hurting your liver.



## **The Secret to AIH-Friendly Fried Chicken**

To get that perfect crispy crust and juicy center, we'll swap out the problem ingredients and upgrade them with healthier, AIH-friendly alternatives.

- ✓ Swap deep-frying for Airfrying → Get all the crunch with little to no oil.
- ✓ Use almond flour or oat flour → Ditch the refined flour for better digestion.
- ✓ Choose an anti-inflammatory spice blend → Turmeric, garlic, and paprika add flavor without the inflammation.
- ✓ Use coconut milk or dairy-free yogurt → This keeps the chicken moist and tender—without dairy.
- ✓ Lightly spray with avocado oil → Helps crisp up the coating without excess fat.

The result? Crispy, crunchy, juicy fried chicken—but AIH-safe.



## AIH-Friendly Airfryer Fried Chicken

If you're craving that classic, crispy, golden-brown fried chicken, this is your new go-to recipe. The Airfryer locks in moisture while giving you a light, crunchy coating that's every bit as satisfying as the deep-fried version.

### Ingredients

- 2 boneless, skinless chicken breasts (or thighs for more juiciness)
- ½ cup almond flour (or oat flour for a softer texture)
- ½ cup crushed gluten-free crackers or panko (for extra crispiness)
- ½ tsp paprika
- ½ tsp garlic powder
- ¼ tsp turmeric (anti-inflammatory + adds golden color)
- ½ tsp sea salt
- ½ cup coconut milk (unsweetened) or dairy-free yogurt
- 1 tbsp avocado oil spray

### Instructions

- 1 Marinate for Maximum Juiciness**
  - Place chicken in a bowl with coconut milk or dairy-free yogurt.
  - Let it soak for 30 minutes (or up to 2 hours for extra tenderness).
- 2 Create the Crispy Coating**
  - In a shallow dish, mix almond flour, crushed crackers, paprika, garlic powder, turmeric, and sea salt.
- 3 Dredge & Coat the Chicken**
  - Remove chicken from marinade, letting excess drip off.
  - Dredge in the crispy coating mixture, pressing gently so it sticks.
- 4 Airfry for Crispy Perfection**
  - Preheat Airfryer to 375°F (190°C).
  - Lightly spray chicken with avocado oil (this helps with browning).
  - Airfry for 12–15 minutes, flipping halfway through.
  - Check for doneness: The internal temperature should be 165°F (75°C).
- 5 Rest & Enjoy**
  - Let the chicken rest for 5 minutes before serving—this keeps it extra juicy!

## Why This Works for AIH

### **Less Oil, More Flavor**

Traditional frying soaks your food in unhealthy fats. Airfrying locks in flavor with just a fraction of the oil.

### **Gluten-Free, But Still Crispy**

Using almond flour and crushed gluten-free crackers gives you all the crunch without the inflammation.

### **Spiced for Better Digestion**

Garlic, turmeric, and paprika boost flavor and fight inflammation—making this a comfort food you can feel good about.


## Customizations & Variations


- ◆ Want it extra crunchy? Add 1 tbsp arrowroot starch to the coating mix.
- ◆ Prefer a spicier kick? Add ¼ tsp cayenne pepper or a pinch of chili flakes.
- ◆ Going for a classic Southern-style taste? Swap paprika for smoked paprika and add a pinch of black pepper.
- ◆ Need it egg-free? Swap coconut milk for unsweetened almond milk + 1 tsp apple cider vinegar.

## Serving Suggestions: Make It a Comfort-Food Feast

Pair your crispy chicken with AIH-friendly sides for a meal that's indulgent but still safe:

 **Crispy Airfryer Sweet Potato Fries** – Golden and crunchy without deep frying.

 **AIH-Friendly Coleslaw** – A creamy, dairy-free version with gut-friendly probiotics.

 **Gluten-Free Airfryer Biscuits** – Fluffy, buttery (without butter!), and perfect for dipping.

## The Verdict? You CAN Have Fried Chicken Again!

If you've been missing that crispy, crunchy, juicy bite of fried chicken, this recipe is here to prove one thing: You don't have to give up your favorite comfort foods—you just need a smarter way to make them.

Golden-brown, ultra-crispy, bursting with flavor—and totally AIH-approved. No guilt. No liver stress. Just real, satisfying fried chicken.

# Dairy-Free, Comforting Pasta Dishes

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## **Can You Still Enjoy Creamy, Comforting Pasta with AIH? Absolutely!**

If you've been told to avoid dairy, you might be wondering: Does that mean I have to give up mac & cheese, Alfredo, and all my favorite pasta dishes forever?

Not at all! The truth is, you don't need heavy cream, butter, or cheese to enjoy rich, velvety, comforting pasta. With a few smart swaps, you can recreate those creamy, cheesy textures in a way that's gentle on your liver and nourishing for your body.

Let's bring pasta night back—AIH-friendly style.

## **The Secret to AIH-Friendly, Dairy-Free Creaminess**

Traditional pasta dishes rely on butter, cheese, and cream to create that indulgent, comforting texture. The problem? Dairy can be tough on digestion, trigger inflammation, and burden the liver.

But you can recreate that same creamy, cheesy goodness—without the dairy!

## **Smart Dairy-Free Swaps for Pasta Dishes:**

- ✓ **Cashew cream** – Blended cashews create a rich, velvety base for sauces.
- ✓ **Nutritional yeast** – Adds a cheesy, umami-rich flavor without the dairy.
- ✓ **Cauliflower puree** – A secret trick for ultra-creamy Alfredo sauce.
- ✓ **Sweet potato or butternut squash puree** – Adds natural sweetness and depth.
- ✓ **Dairy-free yogurt or coconut milk** – Works wonders for creating silky, smooth textures.

These simple swaps mean you can still enjoy mac & cheese, Alfredo, carbonara, and more—without the digestive distress.



## Velvety Dairy-Free Mac & "Cheese"

Rich, creamy, and packed with flavor—without a drop of dairy.

Why This Works for AIH:

- Uses cashews + nutritional yeast for a cheesy, creamy sauce.
- Butternut squash adds a natural sweetness and silkiness.
- Completely gluten-free and dairy-free for easy digestion.



### Ingredients:

- 1 cup cooked butternut squash (or sweet potato)
- ½ cup cashews, soaked for 30 minutes
- 1 cup unsweetened almond milk (or other dairy-free milk)
- 2 tbsp nutritional yeast (for a cheesy flavor)
- ½ tsp garlic powder
- ½ tsp turmeric (for color + anti-inflammatory benefits)
- ½ tsp sea salt
- 8 oz gluten-free pasta

### Instructions:

1. Blend cashews, butternut squash, almond milk, nutritional yeast, and spices until smooth.
2. Cook pasta according to package instructions.
3. Toss pasta with sauce and heat in the Airfryer at 350°F (175°C) for 5 minutes for extra creaminess.
4. Serve warm and enjoy cheesy, creamy goodness—without the dairy!

✨ **Pro Tip:** Add a teaspoon of dijon mustard for extra tangy, cheese-like depth.

## Creamy Dairy-Free Alfredo Sauce

Silky, indulgent, and packed with garlic flavor—without butter or cream.

Why This Works for AIH:

- Uses cauliflower puree for a creamy, nutrient-dense base.
- Cashew cream makes it silky smooth.
- Garlic and lemon enhance digestion and add bold flavor.

### Ingredients:

- 1 cup steamed cauliflower
- ½ cup cashews, soaked for 30 minutes
- 1 cup unsweetened almond milk
- 2 tbsp nutritional yeast
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- ½ tsp sea salt
- 8 oz gluten-free pasta

### Instructions:

1. Blend cauliflower, cashews, almond milk, nutritional yeast, garlic, and lemon juice until smooth.
2. Heat sauce in a pan or Airfryer-safe dish at 350°F (175°C) for 5 minutes.
3. Toss with pasta and top with fresh parsley.
4. Enjoy a luxuriously creamy Alfredo—without the dairy overload!

✨ **Customization Tip:** Add sautéed mushrooms or grilled chicken for extra protein.

## Dairy-Free Pesto Pasta

Bright, herby, and packed with flavor—without parmesan.

Why This Works for AIH:

- Dairy-free pesto skips the parmesan but keeps the bold, garlicky goodness.
- Walnuts or hemp seeds add creaminess + healthy fats.
- Liver-friendly olive oil keeps it light.

### Ingredients:

- 2 cups fresh basil
- ¼ cup walnuts or hemp seeds
- 2 cloves garlic
- ¼ cup olive oil
- 1 tbsp lemon juice
- ½ tsp sea salt
- 8 oz gluten-free pasta

### Instructions:

1. Blend basil, walnuts, garlic, olive oil, lemon juice, and salt into a smooth pesto.
2. Toss with cooked gluten-free pasta.
3. Airfry at 350°F (175°C) for 5 minutes for an extra fragrant, toasty flavor.
4. Enjoy a fresh, vibrant pesto pasta—without the dairy!

✨ **Pro Tip:** Add roasted cherry tomatoes for a burst of sweetness.



## Bringing Comfort Back to Pasta Night

Pasta is more than just a meal—it's comfort, nostalgia, and joy in a bowl. And now, with these AIH-friendly recipes, you can still enjoy:

- ✓ Creamy, cheesy textures—without dairy.
- ✓ Bold, rich flavors—without inflammation.
- ✓ Easy, quick meals—without complicated cooking.

No more missing out. No more bland substitutes. Just real, satisfying comfort food—made healthy.

Ready to dig in? Let's make pasta night delicious again! 🍝



# Pizza, Biscuits, and Breads—Made Healthy

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## Craving Bread and Pizza? You're Not Alone

If you've been told to cut back on gluten, dairy, or refined carbs due to AIH, you might feel like some of your favorite foods are off-limits. Fluffy biscuits, crispy pizza, warm dinner rolls—gone? That's a tough pill to swallow. But here's the reality: you don't have to say goodbye—you just need a better approach.

The key is using smarter ingredients that won't trigger inflammation or overburden your liver. This section will walk you through easy swaps for classic comfort foods like chewy, crispy pizza crust, soft biscuits, and delicious breads—all made in your Airfryer, without the guilt.

## The Smart Swaps for AIH-Friendly Pizza and Breads

Many traditional breads, biscuits, and pizza crusts are made with:

- Refined white flour (can spike blood sugar and cause inflammation).
- Butter and dairy (harder to digest and can trigger flare-ups).
- Yeast-based doughs (longer prep time and potential bloating issues).

But with a few smart swaps, you can still enjoy these comfort foods without the setbacks.

✅ **Flour Swaps** – Use almond flour, oat flour, or cassava flour instead of refined white flour.

✅ **Dairy Swaps** – Replace butter with coconut oil or olive oil and swap dairy milk for almond or oat milk.

✅ **Leavening Swaps** – Instead of yeast, try baking powder and apple cider vinegar for easy, quick-rise doughs.

The result? Crispy-on-the-outside, chewy-on-the-inside, buttery-goodness—without the guilt.

## Airfryer Pizza: Crispy, Cheesy, and AIH-Approved

Regular pizza? Full of gluten, dairy, and processed toppings. But this version keeps the crispy crust, gooey cheese, and satisfying flavors—without the ingredients that could set off an AIH flare.

## Quick & Easy AIH Pizza

A thin, crispy, gluten-free crust that bakes perfectly in the Airfryer.



### Ingredients:

- 1 cup almond flour
- 2 tbsp ground flaxseed
- ½ tsp baking powder
- ½ tsp sea salt
- 1 tbsp olive oil
- 2 tbsp unsweetened almond milk
- ½ tsp apple cider vinegar
- ½ cup AIH-friendly tomato sauce (no added sugar)
- ½ cup dairy-free mozzarella (or nutritional yeast for a cheesy flavor)
- ½ cup veggie toppings (mushrooms, spinach, bell peppers, zucchini)
- 4 oz cooked turkey or grilled chicken (optional for protein boost)

### Instructions:

1. In a bowl, mix almond flour, flaxseed, baking powder, and salt.
2. Add olive oil, almond milk, and apple cider vinegar, stirring until a dough forms.
3. Roll out dough between two parchment sheets into a thin pizza crust.
4. Airfry at 375°F (190°C) for 5 minutes until lightly golden.
5. Add sauce, dairy-free cheese, and toppings.
6. Airfry for 7–9 minutes until cheese melts and crust is crispy.
7. Enjoy a hot, fresh pizza—without the bloating or guilt!



## **Biscuits & Breads: Fluffy, Golden, and AIH-Friendly**

What's comfort food without a warm, buttery biscuit or a fresh, homemade roll? The problem is, traditional biscuits and breads rely on wheat flour, butter, and dairy, which can trigger inflammation.

But with the right ingredients, you can still enjoy them—without consequences.

### **Buttery Airfryer Biscuits**

Fluffy, tender, and completely gluten- and dairy-free.

#### **Ingredients:**

- 1 ½ cups almond flour
- 1 tbsp coconut flour
- 1 tsp baking powder
- ½ tsp sea salt
- 2 tbsp coconut oil or olive oil
- 1 egg (or flax egg for vegan option)
- ¼ cup unsweetened almond milk
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#### **Instructions:**

1. In a bowl, mix almond flour, coconut flour, baking powder, and salt.
2. Add coconut oil and mix until crumbly.
3. Whisk in egg and almond milk until a dough forms.
4. Scoop out small portions and shape into biscuits.
5. Airfry at 350°F (175°C) for 8–10 minutes until golden brown.
6. Let cool slightly and enjoy flaky, buttery biscuits—AIH-approved!

## **Why These Recipes Work**

These Airfryer-friendly pizza and bread recipes don't just taste great—they work with your body, not against it.

- Low in inflammatory ingredients (no gluten, dairy, or processed fats).
- Quick and easy (no hours of proofing or kneading).
- Light, fluffy, and crispy—with the textures you love, minus the setbacks.

Most importantly? You don't feel deprived. You can enjoy a slice of pizza, a warm biscuit, or a crispy breadstick—without worrying about how your body will react later.

## **Making It Your Own: Customization Tips**

Not everyone has the same dietary needs, so here's how to adjust these recipes for your preferences:

- ◆ Need a nut-free option? Swap almond flour for cassava or oat flour.
- ◆ Want extra protein? Add collagen powder to your dough.
- ◆ Looking for a crispier crust? Add a teaspoon of arrowroot starch.

Small tweaks can make a big difference in creating your perfect comfort food experience.

## **Final Thoughts: Yes, You Can Have Bread & Pizza Again!**

If you've been avoiding pizza, biscuits, or breads because of AIH, it's time to bring them back—on your terms.

These recipes prove that you don't have to miss out on your favorite foods. With just a few smart swaps, you can enjoy crispy pizza, soft biscuits, and warm breadsticks—all without setting off an AIH flare.

So, go ahead and preheat that Airfryer—because comfort food is officially back on the menu!



# Satisfying, Guilt-Free Desserts

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## Desserts Without the Regret

If you've been told to avoid sugar, butter, and rich desserts, you might feel like your sweet tooth has to disappear entirely. But let's be honest—sometimes, you just need a brownie.

The good news? You don't have to give up dessert. You just need to make smarter choices about the ingredients you use. That's what this chapter is all about—decadent, satisfying, AIH-friendly desserts that taste amazing while supporting your liver.

With natural sweeteners, whole-food ingredients, and Airfryer magic, you can enjoy warm, gooey, crispy, and creamy desserts—without the sugar crash or inflammation.

## Smart Swaps for AIH-Friendly Desserts

Traditional desserts often rely on refined sugar, dairy, and processed flours, all of which can contribute to inflammation and liver stress. The trick isn't cutting out desserts—it's choosing better ingredients that still deliver on flavor and texture.

- ✓ Refined sugar → Natural sweeteners (maple syrup, honey, mashed bananas)
- ✓ Butter → Healthy fats (coconut oil, avocado, nut butters)
- ✓ White flour → AIH-safe options (almond flour, oat flour, cassava flour)
- ✓ Dairy → Non-dairy alternatives (coconut milk, cashew cream)

These swaps ensure your desserts stay sweet, creamy, and delicious—without triggering symptoms.



## Airfryer Sweet Potato Brownies

Rich, fudgy, and packed with nutrients.

If you thought brownies were off-limits, think again. This version is naturally sweetened, gluten-free, and made with gut-friendly ingredients. The Airfryer gives them the perfect crispy edges and gooey center.

### Ingredients:

- 1 cup mashed sweet potato
- ½ cup almond flour
- ¼ cup cocoa powder
- ¼ cup maple syrup
- 1 tsp vanilla extract
- ½ tsp baking powder
- ¼ tsp sea salt
- ¼ cup dairy-free chocolate chips (optional, but recommended!)

### Instructions:

1. Preheat your Airfryer to 350°F (175°C).
2. Mix all ingredients in a bowl until smooth.
3. Pour batter into a small, Airfryer-safe baking dish (lined with parchment).
4. Airfry for 12–15 minutes or until the top is set.
5. Let cool for 5 minutes before slicing into gooey, fudgy squares.

### Why This Works for AIH:

- Sweet potatoes add natural sweetness and fiber, reducing the need for refined sugar.
- Almond flour keeps it gluten-free while adding healthy fats.
- Airfrying creates a crispy edge, mimicking traditional baked brownies.



## **AIH-Friendly Apple Crisp**

Warm, cinnamon-spiced apples with a crunchy, nutty topping.

This dessert tastes like fall in a bowl—sweet, spiced apples topped with a crunchy, golden crumble. And thanks to the Airfryer, it's done in under 15 minutes!

### **Ingredients:**

For the filling:

- 2 apples, peeled and sliced
- 1 tbsp maple syrup
- 1 tsp cinnamon
- ½ tsp vanilla extract

For the topping:

- ½ cup oats
- ¼ cup almond flour
- 1 tbsp coconut oil, melted
- 1 tbsp maple syrup
- ½ tsp cinnamon

### **Instructions:**

1. Preheat Airfryer to 350°F (175°C).
2. Toss apple slices with maple syrup, cinnamon, and vanilla.
3. In another bowl, mix all topping ingredients until crumbly.
4. Place apples in an Airfryer-safe dish and sprinkle the topping over them.
5. Airfry for 12–14 minutes until apples are soft and topping is golden brown.
6. Serve warm, optionally topped with a dollop of coconut yogurt.

### **Why This Works for AIH:**

- Apples are rich in fiber and antioxidants, supporting liver function.
- Oats and almond flour create a crispy, satisfying texture—without gluten.
- Coconut oil replaces butter, making it easier on digestion.

## Quick Airfryer Peanut Butter Cookies

Chewy, nutty, and made with just 3 ingredients! If you want a fast, protein-packed dessert, these cookies are a lifesaver. They're naturally sweetened, flourless, and packed with healthy fats.

### Ingredients:

- 1 cup natural peanut butter (no added sugar)
- ¼ cup maple syrup
- 1 egg (or flax egg for vegan version)

### Instructions:

1. Preheat Airfryer to 350°F (175°C).
2. Mix all ingredients in a bowl.
3. Scoop dough into small balls and flatten slightly.
4. Place in Airfryer and cook for 8 minutes until golden.
5. Let cool for 5 minutes—they'll firm up as they cool.

### Why This Works for AIH:

- Peanut butter provides healthy fats and protein, making it more blood sugar-friendly.
- No refined sugar or flour, reducing inflammation risk.
- Quick and easy—no complicated baking needed!

### Sweet Treats Without the Downside

With these AIH-friendly desserts, you can satisfy your cravings without hurting your liver. No more feeling left out at celebrations—you can enjoy rich, satisfying treats that nourish instead of harm.

And the best part? The Airfryer makes it quick, easy, and completely foolproof. So, the next time a sweet craving strikes, you know what to do—ditch the store-bought sweets and whip up something that loves your liver back.



# Final Thoughts: Comfort Food You Can Trust

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## **Bringing Comfort Back to the Table**

If you've made it this far, I hope you're feeling inspired. Inspired to get in the kitchen, fire up your Airfryer, and start creating meals that not only taste incredible but also support your health. Because let's be honest—when you first hear the words Autoimmune Hepatitis, it can feel like food suddenly becomes the enemy. The long lists of what you shouldn't eat, the overwhelming diet restrictions, and the fear of flare-ups can make mealtime feel more like a challenge than a joy.

But this book was never about restrictions. It was about possibilities.

Possibilities like crispy fries that don't send your inflammation through the roof. Fried chicken that tastes just as good as the deep-fried kind but won't make your liver work overtime. Creamy pasta dishes, warm biscuits, gooey brownies—all made in a way that lets you indulge without the guilt or worry. Food is more than just nutrition. It's connection, comfort, and sometimes, even healing. And with the right approach, you don't have to choose between loving your food and loving your body.

## **The Power of Small Changes**

One of the biggest takeaways from this journey is that small swaps can lead to big results. You don't have to overhaul everything overnight to see progress. Simply shifting from deep frying to Airfrying, swapping refined flours for gut-friendly alternatives, or using natural sweeteners instead of processed sugars can make a world of difference.

Let's take a moment to reflect on some of the easiest yet most impactful changes:

- ✓ Frying with air, not oil – Get crispy textures without burdening your liver.
- ✓ Choosing lean proteins and anti-inflammatory seasonings – Support digestion and reduce inflammation.
- ✓ Using dairy-free alternatives for creamy comfort foods – Keep things rich and satisfying without the heaviness.
- ✓ Sweetening naturally – Enjoy desserts without the sugar crash.

The best part? These changes don't sacrifice flavor—they enhance it.

## **More Than Just Recipes—A New Mindset**

When you were first diagnosed, you might have wondered: Will I ever be able to enjoy my favorite foods again?

I want you to leave this book knowing that the answer is a resounding YES. You don't have to eat bland, boring meals. You don't have to feel deprived or left out at the dinner table. And you definitely don't have to miss out on the joy of cooking and eating foods you love.

With a little creativity and the right tools (hello, Airfryer!), you can reclaim comfort food in a way that works for your health.

## **Making AIH-Friendly Cooking a Lifelong Habit**

It's easy to feel motivated in the beginning, but the real challenge is making these habits stick. So how do you keep going long after the excitement of trying new recipes wears off?

Here are some tips to help you stay on track:

💡 **Keep it simple.** You don't need to make complicated gourmet meals to eat well. Even the easiest swaps—like Airfrying instead of deep frying—can have a huge impact.

💡 **Meal prep when you can.** Some days, cooking from scratch just isn't realistic. Prep a few key ingredients in advance (like pre-cut veggies or marinated proteins) so you always have something quick to toss in the Airfryer.

💡 **Make it fun.** Experiment with flavors, textures, and new recipes. Cooking should be enjoyable, not a chore!

💡 **Listen to your body.** What works for one person might not work for another. Pay attention to how different foods make you feel and adjust as needed.


💡 **Give yourself grace.** There's no such thing as perfection. If you slip up, don't stress—just get back on track with your next meal.





## Your Journey, Your Kitchen, Your Rules

As much as I've packed this book with my best tips and favorite AIH-friendly comfort food recipes, the real magic happens in your kitchen.

I encourage you to:

 **Make these recipes your own.** Customize them to fit your taste and dietary needs.

 **Keep learning.** The more you understand how different ingredients affect your body, the more empowered you'll be to make great choices.

 **Celebrate the wins.** Every time you make a meal that's both delicious and good for you, that's a victory worth celebrating.

Food should never feel like the enemy. It should be something that nourishes your body, brings you joy, and connects you with others. And now, you have everything you need to make that happen—without sacrificing the flavors you love.

So, what's next?

I hope you'll start by picking a recipe—whichever one excites you the most. Fire up that Airfryer, get cooking, and enjoy every bite knowing that you're giving your body the love and care it deserves.

Here's to comfort food that truly comforts—inside and out.

Happy cooking! 🎉

