

## **Coconut Flour Recipes**

Collected together from Bruce Fife's book, various websites, and my experiments

5 Tbs (50g) = Cals 220, Protein 10g, Fat 7g (Sat 6g), Carbs 30g (Fibre 27g, Sugar 1g)

You can usually replace 10 to 20 percent of the wheat flour in standard recipes with coconut flour. Baked goods can also be made using all coconut flour. But as it doesn't have gluten, it needs another protein source to make it rise and give good texture. It also is very absorbent. This is why most of these recipes require a large quantity of eggs with only a small amount of flour.

All recipes presented here are gluten free and most use 100% coconut flour.

\*\*\* indicates the recipes I've tried and some I've developed to use a mix of flours

If you want to develop your own recipes, here are some tips:

- Store flour in an airtight container. Will keep at room temp for several months, in the fridge 6-12 months, frozen for 2 years or more.
- These recipes have been fully tested, and even the smallest change can make a lot of difference to the texture. So be very cautious when tweaking them.
- Even substituting coconut oil instead of butter isn't recommended, unless stated as an alternative
- In general, higher fat content is better than adding more liquids, to make something moister
- The best oil for greasing pans is a combination of coconut oil and lecithin – measure ½ cup (3.5 oz. 100g) coconut oil in the jar you want to store it in. Put in a bowl of hot water till melted. Stir in 1 tsp of liquid lecithin.

### **Coconut Bread** \*\*\*

- 6 Eggs
- ½ cup (4 oz) butter, melted
- 1 to 2 tablespoon honey
- ½ teaspoon salt
- ¾ cup sifted coconut flour
- 1 teaspoon baking powder

1. Blend together eggs, butter, honey and salt.
2. Combine coconut flour with baking powder and whisk thoroughly into batter until there are no lumps.
3. Pour into greased 22x12x7.5cm (9x5x3 inch) or smaller loaf pan and bake at 175°C (350°F) for 40 minutes.
4. Remove from pan and cool on rack.

*Deb: OK, but a bit dry and fibry – needs a moist spread like honey or nut butter*

### **Coconut flour bread** \*\*\*

<http://health.groups.yahoo.com/group/GFCFNN/message/19161>

This is an adaptation of Bruce Fife's recipe above, by Susie of GFCFNN.

Susie: So this recipe seems pretty palatable. I don't know how it will be when it's cooled down, though.

- 6 eggs
- 1/2 cup oil blend (coconut, sesame, olive) (*Deb: I used palm oil*)
- 1 T agave nectar (*Deb - used 1 Tbs honey, which made it a bit sweet*)
- 1/2 tsp salt
- 3/4 cup sifted coconut flour
- 1.5 tsp baking powder
- 1/2 cup milk (*Deb: I used 6 Tbs coconut milk, cos I was out of milk*)

Separate eggs. Whisk yolks until light and fluffy. Add agave. Add oil and salt and mix. Let mix for a while. Add flour 1/4 cup at a time. Add baking powder. The dough is going to be crumbly at this point. Add milk until it looks like it's supposed to if it were regular gluten dough. It won't look elastic, but it will roll itself into a ball. Actually, it was still kind of wet, too. Gosh, I don't remember. Whisk egg whites until they are at a soft peak. Add the egg whites and the dough together with a spatula. Pour into a parchment lined loaf pan and bake at 350F for 45 minutes.

*Deb: Was better than the other version. Very soft and hard to spread butter on. Will keep playing with different versions.*

## Coconut almond loaf

*I prefer this combination loaf that uses coconut flour and ground almonds. It keeps very well in the fridge.*

- 5 eggs
- 4 oz melted butter (or ghee or coconut oil)
- 1 cup cottage cheese
- 1 heaped teaspoon baking soda
- ½ teaspoon salt
- 2 ½ cups ground almonds (or other nut flour)
- ½ cup coconut flour, sifted

Preheat oven to 175C (350F). Line a loaf tin with baking paper. Beat the first 5 ingredients together. Mix the flours together and beat into the wet ingredients. Spoon into tin and smooth the top. Bake till golden, about 45 mins.

## Pancakes \*\*\*

*Bruce Fife's original recipe is similar but without the ground almonds or arrowroot. This version is better. But you could probably miss out either of them and it would still be fine.*

- 2 eggs
- 2 Tbs raw milk, yoghurt or coconut cream
- 2 Tbs (1 oz) butter or coconut oil, melted
- 2 Tbs sifted coconut flour
- 2 Tbs ground almonds
- 2 Tbs arrowroot
- Pinch sea salt

Beat together well, then cook in the usual way. This amount makes 4 medium size pancakes or about 8 pikelets, so adjust the qty as needed.

### **Variations:**

These are a bit harder to turn, so make smaller ones, more like pikelet size

- Apple pancakes – add ½ grated apple and some cinnamon
- Banana pancakes – replace milk with a small (or ½ large) mashed banana and a pinch of nutmeg . Serve with sliced banana and bacon.
- Cheesy pancakes – add a handful of grated cheese
- Vegetable fritters – add grated veges such as carrot or zucchini

## No grain pizza \*\*\*

This does a large rectangular pizza, on a “cookie tray”

Beat together:

- 6 medium or 5 large eggs
- 125g palm oil, coconut oil or butter, melted or olive oil
- ½ tsp celtic sea salt

Mix together:

- ½ cup coconut flour, sifted
- ½ cup ground almonds
- 3/8 cup (6 Tbs) arrowroot

Mix the wet and dry ingredients together and leave to stand for a minute or two..

Line a cookie tray with some baking paper.

The mixture should now be pourable but thick. If it's too runny, add a little extra ground almonds or coconut flour.

Pour into the tray, and smooth out with a spatula. Cook for about 10 mins at 163C, just till it's firm enough to spread a topping on. Cover with chosen topping and bake for 10-15 mins at 163C, just till cheese is melted and bubbly. Use precooked toppings, as it has a short cook time.

## **Savoury Muffins** \*\*\*

Makes 12

### *Basic muffin mix:*

- 6 eggs
- 4 Tbs (2 oz) coconut oil or butter, melted
- ½ tsp celtic sea salt
- 6 Tbs sifted coconut flour

Preheat oven to 205°C (400°F). Grease muffin pan with coconut oil/lecithin mix, or line with greased paper cups.

Beat together eggs, oil and salt. Whisk in coconut flour until there are no lumps. Put a Tbs of mix into the bottom of each pan. Fold in chosen flavouring (see options in the next column). Divide mixture evenly between the muffin pans. (Optional: top with some extra grated cheese.) Bake for about 15 minutes.

*Muffin fillings – try these or make up your own:*

### *Cheese: \*\*\**

- 1 ½ cups grated tasty cheese
- A sprinkling of herbs or spices of your choice

### *Double Cheese:*

- ½ cup crumbled feta
- 1 cup grated tasty cheese
- A sprinkling of herbs or spices of your choice

### *Ham & Cheese:*

- 1 cup diced ham
- 1 cup grated tasty cheese
- A sprinkling of herbs or spices of your choice

### *Pineapple Ham Muffins*

- 1 cup diced ham
- ½ cup of crushed pineapple, well drained.
- 1 cup grated tasty cheese
- A sprinkling of herbs or spices of your choice

Increase cooking time to 18 mins.

### *Salmon & Cheese: \*\*\**

- 1 cup grated tasty cheese
- 1 tin salmon in water, drained & broken up
- ½ tsp paprika

### *Mushroom & Cheese: \*\*\**

- 1 cup grated tasty cheese
- 4-6 (depending on size) large brown mushrooms, that have been diced and cooked up in butter with some sea salt

### *Spinach & Feta: \*\*\**

- 1 bag spinach, de-stemmed, washed, steamed and well drained
- 1 extra Tbs coconut flour
- 100-150g block feta, crumbled

Zizz the spinach up with the egg mixture. May need a longer cooking time of 18-20 mins.

### *Mince & onion: \*\*\**

- 500g lean mince
- 1 red onion, diced
- ½ tsp celtic sea salt
- ½ tsp paprika
- A sprinkling of herbs such as basil, oregano or parsley

Pan fry the mince & onions with the salt and herbs. Drain off any excess liquid before adding to the mixture.

### *Salami & Capsicum:*

- 1 cup salami, chopped up
- ½ cup diced capsicum
- ½ cup diced red onion
- A sprinkling of herbs or spices of your choice

## **Honey Muffins**

This is a basic coconut flour muffin recipe you can use to make a variety of muffins. (*I have only tested the blueberry so far, with a few minor changes. Nice, quite custardy.*)

- 3 eggs
- 2 Tbs butter, melted
- 2 Tbs coconut milk or whole milk
- 3 Tbs honey (*2 Tbs manuka was enough*)
- ¼ teaspoon salt
- ¼ teaspoon vanilla
- ¼ cup sifted coconut flour
- ¼ teaspoon baking powder (*or soda*)

Blend together eggs, butter, coconut milk, honey, salt, and vanilla. Combine coconut flour with baking powder and thoroughly mix into batter until there are no lumps. Pour batter into muffin cups. Bake at 400 degrees F (205C) for at least 15 minutes. Makes 6 muffins.

## **Pecan Muffins**

Make Honey Muffins as directed and add ½ cup of chopped pecans and ⅛ teaspoon almond extract.

## **Blueberry Muffins** \*\*\*

Make Honey Muffins as directed and add ½ cup of fresh blueberries and ⅛ teaspoon almond extract (*used a bit more vanilla instead, which still worked*). Blueberries should be dry. If rinsed, dry before adding to batter. Bake for 16-18 minutes.

## **Lemon Poppy Seed Muffins**

Make Honey Muffins as directed but omit the vanilla and add 2 teaspoons of lemon extract. Sprinkle poppy seeds on top of muffins just before baking.

## **Coconut Muffins**

- 3 Eggs
- 2 Tbs butter or coconut oil, melted
- 1/3 cup sugar
- ¼ teaspoon salt
- ½ tsp coconut extract
- ¼ cup coconut flour, sifted
- ¼ teaspoon baking powder
- 3 tablespoons grated coconut

1. Blend together eggs, butter, sugar, salt, and coconut extract.
2. Combine coconut flour with baking powder and whisk into batter until there are no lumps.
3. Fill muffin cups halfway with batter. Sprinkle grated coconut on top.
4. Bake at 205° C (400° F) for 15 minutes. Makes 6 muffins.

### Fruit & Nut Cookies \*\*\*

- 1 cup mixed, chopped nuts and seeds
- ½ cup flaked or desiccated coconut
- ½ cup raisins or other dried fruit, chopped
- ¼ cup plus 2 Tbs coconut flour, sifted
- ¼ tsp salt
- ½ cup (~150gm) peanut butter
- ½ cup honey
- ¼ cup coconut oil or butter (~50gm)

Measure the ingredients in this order, to minimise washing of measuring cups! Measure out the nuts, seeds, coconut and fruit and mix together in a medium sized bowl. Use any combination of nuts, seeds and dried fruit that you like. Sift the coconut flour into a large bowl and mix with the salt. Put the peanut butter, honey and oil in the measuring cup and place into a pan of hot water so that they soften enough to mix together. When well mixed, add to the coconut flour and mix well. Add the remaining ingredients and mix well, using your hands if you need to.

Line two biscuit trays with baking paper, and place spoonfuls of the mixture onto them. If necessary, press down a little, so they're not too thick. Depending on size, this will make 18-24 biscuits.

Bake at 190C (375F) for 8-12 min, till brown. Take out, but leave on the tray till they are completely cool, or they will crumble.

**Variation** – to reduce the sugar content: \*\*\*

- Replace ½ the honey with glycerine
- And/or replace the fruit with more nuts and seeds

**Variation** – chocolate fruit & nut cookies: \*\*

- Replace the extra 2 Tbs coconut flour with cocoa

**Variation** – Nut chocolate cookies:

- Replace the fruit with chocolate chips

These can be made with other nut butters, but make sure they are raw, or they will taste burnt.

### Coconut Butter Biscuits \*\*\*

- ½ cup butter
- 1 cup unrefined sugar (*or replace ½ the sugar with ¼ tsp stevia powder*)
- 4 eggs
- ½ teaspoon vanilla
- ½ cup sifted coconut flour
- 2 cups shredded or flaked coconut

Mix together butter, sugar, eggs, and vanilla. Stir in coconut flour and coconut. Drop spoon-size mounds 3cm apart on a greased biscuit tray. Bake at 190°C (375°F) for 18 to 20 minutes or until golden brown. Remove from biscuit tray immediately and cool on wire rack. Makes about 2 dozen biscuits.

*Made with 1/2 stevia - Ian's favourite!*

### Gingerbread Biscuits

- 6 eggs
- 1/3 cup coconut oil or butter, melted
- ½ cup molasses
- ¾ cup brown sugar (*or Rapadura*)
- ¼ teaspoon salt
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¾ cup sifted coconut flour

Mix together eggs, butter, molasses, sugar, salt, and spices. Stir in coconut flour and mix thoroughly. Batter will thicken slightly as the flour absorbs moisture. Drop batter by spoonfuls onto greased biscuit tray. Bake at 205°C (400°F) for 12-14 minutes. Makes 32.

### Cream Cheese Squares

- 1 package cream cheese (250grams)
- 1/8 teaspoon salt
- 1/3 cup honey
- 1/2 cup sifted coconut flour
- Fruit Jam or Preserves

Blend together cream cheese, salt & honey. Add coconut flour & mix thoroughly. Press batter on bottom of greased 19 x 19 x 5cm tin. Bake at 190°C for 18 mins. Remove from oven & let cool. Spread jam over top & cut into bars.

## **Toll House Cookies**

*Works better than Coconut Chocolate Chip Cookies recipe in Bruce's book*

<http://health.groups.yahoo.com/group/GFCFN/N/message/19333>

- 1/2 cup (4 oz) butter, soft (not pasteurized)
- 1 cup brown sugar
- 4 eggs (organic free range)
- 1 tsp vanilla
- 1/4 tsp salt
- 1/2 tsp baking soda (not sure but I think this is what is missing from recipe below)
- 1 cup Coconut Flour (I used Bob's Red Mills Organic)
- 1 cup Chocolate Chips (I like and used the bittersweet)

I did not have nuts but will try it next time with an additional 1/2 cup of nuts (soaked and toasted of course)

Preheat oven to 350 degrees. In a separate bowl add dry ingredients (salt, baking powder and flour) use a whisk to combine. In a mixer combine on level 4 (slow to medium) sugar and butter till well combined, add eggs one at a time, then vanilla. Slowly pour in dry ingredients (I like to pour, watch it disappear then pour again and repeat until it is all gone). Then I added the chips on stir setting (slow) Rounded Tsp of dough onto a parchment lined cookie sheet. I baked for 14 minutes at 350 (on the thermometer) but ovens are tempermental, so I would check after 9 minutes.

## **Brownies**

- 60 grams dark cooking chocolate
- 3/4 cup butter
- 1 cup sugar
- 1/2 teaspoon vanilla
- 6 beaten eggs
- 3/4 cup sifted coconut flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup walnuts or pecans, chopped

In a saucepan heat chocolate and butter over low heat, stirring occasionally, until melted. Remove from heat. Mix in sugar, eggs, and vanilla. Stir in remaining ingredients. Spread in

a greased and lightly floured 20 x 20 x 5cm (8x8x2 inch) cake tin. Bake at 175°C (350°F) for 30 minutes. Cool slightly; cut into 5cm squares. Makes 16 brownies.

## **Chocolate Cake**

- 1/2 cup butter or coconut oil
- 1/4 cup cocoa powder
- 1/4 cup coconut milk
- 9 eggs
- 1 1/2 cups sugar (or Dr Mercola's Steviva)
- 3/4 teaspoon salt
- 1 teaspoon vanilla
- 3/4 cup sifted coconut flour
- 3/4 teaspoon baking powder
- Frosting

Melt butter in a saucepan over medium heat. Add cocoa powder and coconut milk and mix together. Remove from heat and set aside. In a bowl, mix together eggs, sugar, salt, and vanilla. Stir in cocoa mixture. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Pour batter into greased 8x8x2 or 9x9x2-inch pan. Bake at 350 degrees F (175C) for 35 minutes or until knife inserted into center comes out clean. Cool and cover with frosting of your choice.

## **Cranberry Walnut Bread**

- 8 eggs
- 1/2 cup coconut oil or butter, melted
- 1/2 cup coconut milk
- 1/2 cup sucanat or sugar
- 1 teaspoon vanilla
- 1 teaspoon lemon extract
- 1/2 teaspoon salt
- 2/3 cup sifted coconut flour
- 1 teaspoon baking powder
- 1 cup dried cranberries
- 1/2 cup walnuts, chopped

Blend together eggs, oil, coconut milk, sugar, vanilla, lemon extract, and salt. Combine coconut flour with baking powder and whisk thoroughly into batter until there are no lumps. Fold in cranberry sauce and nuts. Pour into greased 9x5x3-inch loaf pan and bake at 350 degrees F (175 C) for 60 minutes. Remove from pan and cool on rack.

## **Banana Cake \*\*\***

- 3 eggs --- 5
- 4 oz (100g) melted butter --- 6 oz
- 8 Tbs unrefined sugar -- OR: 4 Tbs sugar & 40 drops (1/2 tsp) stevia liquid -- 6 & 60
- 1 tsp vanilla essence --- 1.5 tsp
- 1 cup mashed banana --- 1.5 cups
- ½ cup milk or coconut cream --- 160ml
  
- ½ cup coconut flour, sifted --- ¾ cup
- ½ cup ground almonds --- ¾ cup
- ½ cup arrowroot --- ¾ cup -- OR: ¼ cup arrowroot & extra ¼ cup ground almonds
- 2 tsp guar gum, sifted OR xanthan gum, sifted OR pectin --- 3 tsp
- EITHER: 1 ¼ tsp cream of tartar, sifted & 1 ¼ tsp baking soda, sifted --- 2 & 1.75 [OR: 2 ½ tsp baking powder, sifted & ½ tsp baking soda, sifted --- 3.75 & .75]

Beat together the eggs, butter, sugar, stevia and vanilla essence. Add the banana and beat again. Add the milk and beat. In a large bowl, mix all the dry ingredients together. Gently fold into the wet mixture. Spoon into a small to medium (*or large*) ring tin, greased with the coconut/lecithin mix. Bake at 175 C for about 40-50 (*or 50-60*) mins, until an inserted skewer is clean, or it stops sizzling.

## **Magically Moist Almond Cake**

Makes 18 slices.

- ¾ cup Butter, Unsalted
- 1 cup Sugar
- 1-1/2 cups Almond Meal/Flour
- ½ cup Organic Coconut Flour
- 2 tsp Baking Powder
- ¼ tsp Sea Salt
- 4 Eggs
- ½ cup Milk
- 1 tsp Vanilla

Cream together butter and sugar until smooth. Add in eggs, one at a time, and beat until fully blended in. Add milk and vanilla and mix until combined. In a separate bowl, combine flours, salt and baking powder. Beat the dry ingredients into the wet ingredients and beat until creamy. Spread into a greased 9" x 13" cake pan and bake at 350°F for 30 minutes.

Serve with fresh fruit and whipped cream.

1 Slice of Cake: Calories 200, Calories from Fat 120, Total Fat 14g, Saturated Fat 6g, Cholesterol 60mg, Sodium 70mg, Total Carbohydrate 15g, Dietary Fiber 2g, Sugars 11g and Protein 4g.

## **Berry Clafouti \*\*\***

Like a sponge topped pudding. Serve hot or cold. We like it for breakfast or dessert after dinner.

Grease a glass pie plate, and cover with a layer of frozen blackberries (or other berries of your choice).

Beat together:

- 4 eggs
- 4 Tbs (2oz) melted butter or coconut oil
- 2-5 Tbs honey or unrefined sugar (depending on how sweet you like things)
- 1 tsp vanilla essence
- ¼ tsp salt

Mix together and add:

- ½ cup sifted coconut flour
- ¼ tsp baking powder or baking soda

Spoon over the berries, smooth out, and bake for 30-40 mins at 180C. By the time it fully sets, it can be quite brown, so be careful not to burn.

## **Pumpkin Cake \*\*\* first trial:**

- 500g piece of pumpkin
- 2 Tbs sultanas
- 8 oz (200g) softened butter
- 8 Tbs unrefined sugar -- OR: 4 Tbs sugar and 40 drops (1/2 tsp) of stevia liquid
- 3 eggs, separated
- 1 tsp vanilla essence
- ½ cup coconut flour, sifted
- ¾ cup ground almonds
- ¼ cup arrowroot
- 2 tsp guar gum, sifted OR xanthan gum, sifted OR pectin
- 1 tsp mixed spice
- ¼ tsp ginger

- EITHER: 1 ¼ tsp cream of tartar, sifted & 1 ¼ tsp baking soda, sifted  
OR: 2 ½ tsp baking powder, sifted & ½ tsp baking soda

Scoop out the pumpkin seeds, chop and peel the pumpkin, and boil till soft but not soggy. Drain well & cool. Soak sultanas in a little warm water for about 15 mins, then drain well. Meanwhile mix all the dry ingredients together in a bowl, and separate the eggs.

Beat the butter and cooled pumpkin till well mixed and creamy. Add sugar and beat again. Add egg yolks one at a time, beating well and adding some flour mix, in between each one. Add the vanilla essence and stevia, and beat. Add the remaining flour and mix well. Beat the egg whites till peaks form. Fold into the mix, along with the sultanas.

Spoon into a small to medium ring tin, greased with the coconut/ lecithin mix. Bake at 175 C for about 40-50 mins, until an inserted skewer is clean, or it stops sizzling.

*Was quite soggy, still needs some tweaking.*

### **Dark Xmas Cake \*\*\***

*This is a beautiful dark cake, but because it's boiled, you don't need to mature it for a month. It will improve with maturing, but can be eaten the same day, and still be delicious.*

Take a large pan, and melt together:

- 1/2 cup water
- 1/4 cup brandy, rum or extra water
- Juice of one orange
- Rind of the orange, plus rind of a lemon, finely grated
- 170g butter or coconut oil
- Up to 1 cup shakkar or other unrefined sugar (optional) \*
- 2 tsp mixed spice & 1 tsp ginger (or other spices of your choice)

Finely chop:

- 900g-1kg dried fruit. Use a packeted mix, or choose your own mix, eg: 250g raisins, 250g sultanas, 150g prunes, 150g figs, 100g dates, 100g cherries

Add to the pan & simmer for 5-10 mins, stirring often, till the fruit has soaked up all the liquid (though some of the oil may not soak up, esp if using coconut oil). Leave to stand for 30 mins, while you prep the rest of the ingredients.

The full recipe fills a 8" x 8" (20cm x 20cm) square tin, or make a half-mix & bake in a loaf tin. Line tin with a double layer of brown paper, which comes to about double the height of the tin. Then line with a double layer of baking paper.

Sift together in a large bowl, and mix well:

- 1 cup ground almonds
- 1/2 cup coconut flour
- 2 tsp pectin, guar gum or xanthan gum
- 1 tsp baking soda

Beat up:

- 3 large or 4 small eggs

When the fruit mix has cooled to lukewarm, stir through the beaten egg. Then stir through the dry ingredients. The mixture should be a thick batter and quite hard to stir. If it's too runny, add a little more coconut flour. Spoon the mixture into the pan, and bake at 150C for 1.75 - 2 hours for the full recipe, or 1.5 - 1.75 for the half recipe. Use the usual skewer test, or listen - when it stops sizzling, it's ready.

(Optional: Before cooling, pierce small holes in the top of the cake with a skewer, then carefully pour 2 Tbs brandy over the top).

Cool completely before removing from tin. Wrap in some baking or greaseproof paper, then in a teatowel and store in the bottom of the fridge.

*\* You can replace with other natural sweeteners such as honey or stevia, but add those after boiling and cooling, just before the eggs. But we found it sweet enough with no added sugar at all.*