



Coconut Flour Recipes



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Coconut flour can be used to make delicious tasting muffins, cookies, pies, cakes, and other breads and baked goods. It is high in fiber, low in carbohydrate, and completely gluten free, making it ideal for people who need to reduce their carbohydrate intake or for those who are allergic to wheat or gluten. Coconut flour can be added to recipes to increase health-promoting fiber and reduce carbohydrate and calorie content. You can generally 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. All the recipes presented here use 100 percent coconut flour. No other type of flour is needed to make delicious cakes, cookies, muffins, and other baked goods.

For a complete discussion of the health benefits of coconut flour and over 100 recipes using all coconut flour we recommend the book *Cooking with Coconut Flour: A Delicious Low-Carb, Gluten-Free Alternative to Wheat* by Bruce Fife author of the best-selling book *The Coconut Oil Miracle*.

YELLOW CAKE

1/2 cup butter, melted

1/2 cup coconut milk

9 eggs

3/4 cup sugar

3/4 teaspoon salt

1 teaspoon vanilla

3/4 cup sifted coconut flour

3/4 teaspoon baking powder

Frosting

Mix butter, coconut milk, eggs, sugar, salt, and vanilla. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Pour batter into greased 8x8x2-inch pan. Bake at 350 degrees F (175 C) for 35 minutes or until knife inserted into center comes out clean. Cool and frost.



CHOCOLATE CAKE

1/2 cup butter or coconut oil

3/4 cup cocoa powder

1/4 cup coconut milk

9 eggs

1 1/2 cups sugar

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 (175 C) for 35 minutes or until knife inserted into center comes out clean. Cool and cover with frosting of your choice.



GERMAN CHOCOLATE CAKE

This recipe makes a double-layer cake.

2/3 cup butter or coconut oil
1 cup Dutch Processed cocoa powder
8 egg whites
1/4 teaspoon cream of tartar
2 whole eggs
8 egg yolks
1 cup coconut milk
2 cups sugar
1 teaspoon salt
1 teaspoon vanilla
1 cup sifted coconut flour

Coconut-Pecan Frosting

Melt butter in a saucepan over medium heat. Add cocoa powder and mix together. Remove from heat and let cool. Beat egg whites and cream of tartar together until stiff peaks form; set aside. In a separate bowl mix together 2 whole eggs, 8 egg yolks, coconut milk, sugar, salt, and vanilla. Stir in cocoa mixture. Whisk coconut flour into batter until there are no lumps. Fold egg whites into batter. Pour batter equally into 2 greased round 8 or 9x1½-inch layer cake pans. Bake at 350 degrees F (175 C) for 35 minutes or until knife inserted into center comes out clean. Cool. Fill layers and cover top and sides of cake with Coconut-Pecan Frosting below.

Coconut-Pecan Frosting

1 cup coconut milk
1½ tablespoons cornstarch
1 cup sugar
2 egg yolks
½ cup butter
1 teaspoon vanilla
1⅓ cup flaked coconut
1 cup pecans, chopped

Mix coconut milk, cornstarch, sugar, egg yolks, and butter in a saucepan. Cook over medium heat, stirring constantly, until mixture thickens. Remove from heat and add vanilla, coconut, and pecans. Let cool before frosting cake.

LEMON CAKE

½ cup butter, melted
½ cup coconut milk

12 eggs
¾ cup sugar
1 teaspoon salt
3 tablespoons lemon extract
1 cup sifted coconut flour
1 teaspoon baking powder

Frosting

Blend together butter, coconut milk, eggs, sugar, salt, and lemon extract. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Pour batter equally into 2 greased 8 or 9x1½ -inch layer cake pans or one 9x9x2-inch pan. Bake at 350 degrees F (175 C) for 30-35 minutes or until knife inserted into center comes out clean. Cool. Cover with Lemon Butter Frosting.

HONEY MUFFINS

This is a basic coconut flour muffin recipe you can use to make a variety of muffins.

3 eggs
2 tablespoons butter, melted
2 tablespoons coconut milk or whole milk
3 tablespoons honey
¼ teaspoon salt
¼ teaspoon vanilla
¼ cup sifted coconut flour
¼ teaspoon baking powder

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 (205 C) for 15 minutes. Makes 6 muffins.

Pecan Muffins

Make Honey Muffins as directed and add ½ cup of chopped pecans and 1/8 teaspoon almond extract.

Blueberry Muffins

Make Honey Muffins as directed and add ½ cup of fresh blueberries and 1/8 teaspoon almond extract. 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.



Blueberry Muffins

COCONUT MUFFINS

3 eggs
2 tablespoons butter, melted
1/3 cup sucanat or sugar
1/4 teaspoon salt
1/2 teaspoon coconut extract
1/4 cup sifted coconut flour
1/4 teaspoon baking powder
3 tablespoons grated coconut

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

PEANUT BUTTER MUFFINS

3 eggs
1 tablespoon coconut oil or butter, melted
5 tablespoons sucanat or brown sugar
1/4 cup natural peanut butter
1/4 teaspoon salt
1/4 teaspoon vanilla
1/4 cup sifted coconut flour
1/4 teaspoon baking powder

Blend together eggs, oil, sugar, peanut butter, salt, and vanilla. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Fill muffin cups halfway with batter. Bake at 400 degrees F (205 C) for 15 minutes. Makes 6 muffins.

BEST EVER CORN BREAD MUFFINS

3 eggs
3 tablespoons butter, melted
3 tablespoons honey
1/4 teaspoon vanilla
1/4 teaspoon salt
2 tablespoons sifted coconut flour
1/4 teaspoon baking powder
3 tablespoons cornmeal

Blend together eggs, butter, honey, vanilla, and salt. Combine coconut flour, baking powder, and cornmeal and whisk into batter until there are no lumps. Fill muffin cups halfway with batter. Bake at 400 degrees F (205 C) for 12 to 15 minutes. Makes 6 muffins.

BROWNIES

2 squares (1 ounce each) unsweetened 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 8x8x2-inch baking dish. Bake at 350 degrees F (175 C) for 30 minutes. Cool slightly; cut into 2-inch squares. Makes 16 brownies.

COCONUT BUTTER COOKIES

1/2 cup butter
1 cup sugar
4 eggs
1/2 teaspoon vanilla

½ cup sifted coconut flour

2 cups grated or flaked coconut

Mix together butter, sugar, eggs, and vanilla. Stir in coconut flour and coconut. Drop spoon-size mounds 1-inch apart on a greased cookie sheet. Bake at 375 degrees F (190 C) for 18 to 20 minutes or until golden brown. Remove from cookie sheet immediately and cool on wire rack. Makes about 2 dozen cookies.



PECAN DELIGHTS

½ cup butter

1 cup sucanat or brown sugar

4 eggs

½ teaspoon vanilla

⅛ teaspoon salt

1½ cups grated or flaked coconut

¾ cup pecans, chopped

1 cup sifted coconut flour

Mix together butter, sugar, eggs, vanilla, salt, coconut, and pecans. Stir in coconut flour. Drop batter in spoon-size mounds 1-inch apart on greased cookie sheet. Bake at 375 degrees F (190 C) for 14 to 15 minutes or until lightly browned. Cool slightly and remove from cookie sheet. Makes about 2 dozen cookies.

GINGERBREAD COOKIES

6 eggs

⅓ cup butter or coconut oil, melted

¼ teaspoon salt

½ cup molasses

¾ cup sucanat or brown sugar

1 teaspoon ground ginger

1 teaspoon ground cinnamon

¼ teaspoon ground cloves

¾ cup sifted coconut flour

Blend together eggs, butter, salt, molasses, sugar, and spices. Stir in coconut flour and mix thoroughly.

Batter will thicken slightly as the flour absorbs moisture. Drop batter by spoonfuls onto greased cookie sheet. Bake at 400 degrees F (205 C) or 12-14 minutes. Makes 32 cookies.

DROP BISCUITS

4 eggs

¼ cup butter, melted

¼ cup honey

¼ teaspoon salt

⅓ cup sifted coconut flour

¼ teaspoon baking powder

Blend together eggs, butter, honey, and salt. Combine coconut flour with baking powder and whisk into batter until there are no lumps remaining. Drop batter by the spoonful onto greased cookie sheet. Bake at 400 degrees F (205 C) for 14 to 15 minutes. Makes 8 biscuits.

CHEESE BISCUITS

4 eggs

¼ cup butter, melted

¼ teaspoon salt

¼ teaspoon onion powder

⅓ cup sifted coconut flour

¼ teaspoon baking powder

½ cup sharp cheddar cheese, shredded

Blend together eggs, butter, salt, and onion powder. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Fold in cheese. Drop batter by the spoonful onto greased cookie sheet. Bake at 400 degrees F (205 C) for 15 minutes. Makes 8 biscuits. For a cheesier biscuit increase cheese to ¾ cup.

Recipes presented here are adapted from ***Cooking with Coconut Flour: A Delicious Low-Carb, Gluten-Free Alternative to Wheat*** by Bruce Fife, N.D., published by Piccadilly Books, Ltd., P.O. Box 25203, Colorado Springs, CO 80936. To get a copy of this book call 719-550-9887 or email orders@piccadillybooks.com.

Cooking With Coconut Flour

A Delicious Low-Carb, Gluten-Free Alternative to Wheat

By Bruce Fife, N.D.

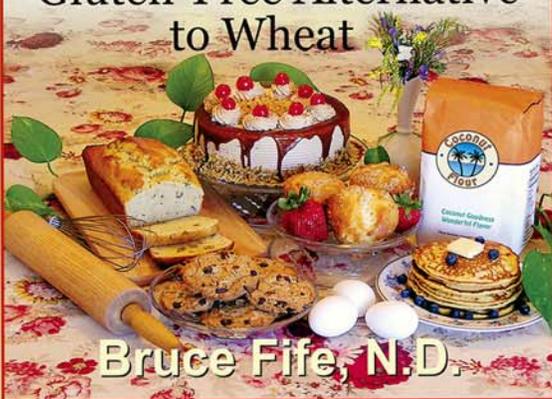
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