
GUIDE TO MAKING

Coconut Flour Breads

An introduction to baking delicious
grain-free breads



A Publication of



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SECTION

1

Coconut Flour Basics

Why Coconut Flour?

A UNIQUE GLUTEN-FREE FLOUR

Coconut flour is an incomparably unique and tasty alternative to wheat and other grain flours. The fine white meal is produced from grinding the dried white internal meat of the coconut. Easily used for baked goods, tasty snacks or hearty main dishes, coconut flour has a distinctive nutrient and fiber composition that sets it apart from more commonly seen rice, soy, nut, potato and corn based flours. In this section, you will learn all about the health benefits of coconut flour.



The Health Benefits OF A TROPICAL SUPERFOOD

High in Fiber

Coconut flour is naturally 75% fiber in composition, containing **9-10 grams per two tablespoons**. Fiber is well-known for its role in maintaining healthy digestion and elimination processes. By absorbing and promoting the timely expulsion of toxins and other irritating agents, such natural fiber is also essential for systematic cleansing and detoxification of the body.

Although many grain varieties are innately high in fiber, common food refinement processes weaken this content. Cooking at home with coconut flour or incorporating it into smoothies, yogurts or sauces is a palatable and balanced way to get wholesome fiber in your diet.

Low in Carbohydrates

Most traditional grain flours are concentrated in simple carbohydrates that are rapidly metabolized by the body and oftentimes problematic for blood sugar levels. Wheat and other refined flours cause destructive blood glucose fluctuations that can result in inflammation, hormonal dysregulation and weight gain over time.

In opposition to this trend, **coconut flour has been found in several studies to have a glycemic lowering effect**. Because coconut meat has a naturally low simple carbohydrate content coupled with high fiber levels, it yields a flour that is overall less disruptive to blood sugar levels. The balanced carbohydrate content of coconut flour yields prepared foods that can be enjoyed in moderation without an overwhelming buzz.

Gluten-Free and Hypoallergenic

Allergies and intolerances to all sorts of products are rampant in this day and age, requiring strict diet protocols that can be difficult to follow. Sadly, many of the gluten, dairy and soy-free products available on the market today are manufactured and unhealthy, making them destructive in their own right.

Coconut flour, oil and milk can offer a replenishing source of sustenance for those avoiding specific food groups and struggling to create balanced meals. Few people are believed to be allergic to coconut. Furthermore this superfood it offers a wide range of proteins, healthy fats, vitamins and minerals that can be healing for the immune system. Many recipes using coconut flour are simple and altogether delicious, providing an efficient way to make allergen-free dishes in your own home.

Nutrient-Dense

Most grain products (namely wheat, corn and the additive soy) are mass-harvested on the depleted soils of industrial farms and subject to genetic modification. Coconuts offer a refreshing, nutrient-dense alternative to such conventional sources. Coconut palms can be found thriving in the rich volcanic soils of the tropics and are naturally fertilized with sea water, which contains a complete mixture of all of the trace minerals required in the human body. **Coconut flour contains B vitamins, calcium, zinc, potassium, iron and magnesium, among other nutrients.**

Unlike seeds and grains, coconuts are also free of phytic acid- a common plant toxin that works as an anti-nutrient. Coconut products are thus an efficient (and tasty) way to absorb a wide spectrum of vitamins and minerals, without interference from counterbalancing acids.

Filled with Healthy Fats

Coconut flour retains a substantial amount of natural oils, especially in comparison to other flour varieties. Yet contrary to what many people may believe, the fats in coconut are very healthy and can actually contribute to weight loss.

The unique medium chain fatty acids present in coconut act as a preferred source of fuel for the brain and body. These fats are easily broken down to provide quick energy, while requiring little effort from digestive and hormonal systems. Studies have shown that **the fatty acids in coconut work to regulate appetite, enhance digestion, kick-start the thyroid gland, heal/repair the skin and can even reduce anxiety**. Lauric acid, one of the primary fatty acids in coconut, is also known for having powerful antimicrobial, antibacterial, anti parasitical, and antiviral effects

Baking with Coconut Flour

TIPS FOR USE AND STORAGE

Now that we have reviewed some of the distinctive health benefits of coconut flour, let's start to baking! Because coconut flour is altogether different in composition than wheat and other grain or nut flour alternatives, it behaves a bit differently in cooking and baking. Follow these tips for storing, preparing and using coconut flour in order to savor the most enjoyable outcome.



Choose a good quality coconut flour- Be sure to find a flour that is made from organic coconuts, and has been pressed and dried at very low temperatures to maintain nutritional integrity. Check the label to see that your coconut flour is free of bleachers, preservatives and other additives.

Keep coconut flour fresh- If stored at room temperature, coconut flour will last for many months. It can also be kept in the refrigerator to sustain shelf-life. Depending on how often you use coconut flour or how much you keep in bulk in the pantry, it can also be frozen in an unopened bag without notable change in flavor or freshness for prolonged periods of time.

Store in an airtight container- Coconut flour has a large capacity to absorb moisture. Thus if left open to the air, it will form clumps and spoil at a faster rate. This is of especial importance if you live in regions of high humidity.

Sift flour before use- Because of the dense nature and tendency to clump, it is beneficial to sift coconut flour before adding it in with other recipe ingredients. This will promote more even mixing and a consistent finishing texture in your final product.

Bring all ingredients to room temperature- It is helpful to bring all recipe ingredients to a consistent temperature prior to starting. This way the saturated fats (butter, coconut oil and/or ghee) often used in coconut flour recipes, will remain liquid and mix more evenly throughout the batter.

Add appropriate amount of eggs- You will notice that recipes with coconut flour often require a larger amount of pastured eggs. Eggs act as binders to create an optimal chewy texture in baked goods in the absence of gluten. Though some recipes may call for different combinations, the standard proportioning is about 4-6 eggs for every 1/2 cup of coconut flour.

Be careful with liquid measurements- The amount of liquid in coconut flour recipes (including that from milks, water, eggs, syrups and oils) is very specific. It is crucial to avoid the urge to add more flour or water to adjust the consistency of the batter while mixing, as coconut flour often behaves conversely to what we might expect. Due to the highly absorptive nature of the flour, additional liquid can actually cause the batter to thicken, while increasing flour will make the final product crumbly and disagreeably dry. Follow recipes according to provided measurements to achieve the most delicious and consistent results.



SECTION

2

Coconut Flour Bread Recipes

A Note About Ingredients

This cookbook uses only the best real food ingredients. The breads have been carefully designed to remain free from gluten, soy based ingredients, dairy containing foods, refined sugars, and artificial additives of any kind. Remember, recipes are only as delicious and healthy as the quality of the ingredients used to make them. Follow the below guidelines when shopping:

Sprouted Nuts: Use nuts that have been carefully prepared by soaking and sprouting. To learn more, visit the [Radiant Life Guide to Soaking Nuts and Seeds](#).

Sweeteners: Find a honey that has been harvested in a sustainable way and remains unfiltered. Maple syrup can also be used as a liquid sweetener in these recipes. Agave nectar is not recommended as it is highly refined.

Pastured Eggs: Hens raised outdoors produce more nutritious eggs. Do your best to buy from local farms or trusted companies. Look for words like “organic,” “free-range,” and “humane certified.”

Coconut Oil: An organic, cold pressed or [centrifuged coconut oil](#) will offer the optimal nutrient profile and most satisfying taste. If you prefer to minimize the coconutty flavor, ghee can also be used as a direct substitute in any of these recipes.

Unrefined Salt: Salts that have not been treated or iodized offer many beneficial minerals and synergistic compounds. [Himalayan salts](#) and carefully sourced [sea salts](#) are best. Adjust salt amounts in these recipes to taste.

Basic Coconut Flour Bread



Leave dry and crumbly gluten-free breads behind for good! Enjoy a piece from this moist slicing loaf, made from just 6 whole food ingredients. This is simple home-baking at its best.

INGREDIENTS

6 eggs

2 tablespoons honey

1/2 cup coconut oil or ghee, melted

3/4 cup coconut flour, sifted

1 teaspoon baking powder

1/2 teaspoon unrefined salt

INSTRUCTIONS

Preheat oven to 350° F. In a small bowl combine sifted coconut flour and baking powder. Set aside. In a medium-sized bowl mix eggs, oil, honey and sea salt until well-blended. Add dry ingredients gradually, mixing until no lumps remain. Spoon the batter into a small greased loaf pan. Bake for about 40 minutes. Remove from pan and cool on rack.

TIP: If your coconut oil is solid at room temperature, submerge jar in warm water to melt. Never microwave your coconut oil!

Classic Banana Nut Bread



A simple twist on a treasured classic can be just what we need . Indulge with childlike joy in this nutrient dense version of a banana bread. Don't forget to use organic, fair trade bananas of course!

INGREDIENTS

3 ripe bananas, mashed	1/2 cup coconut flour
1/3 cup coconut oil, melted	1 teaspoon baking powder
6 eggs	1 teaspoon pure baking soda
2 tablespoons honey	1/2 teaspoon unrefined salt
1 teaspoon vanilla extract	1 tablespoon cinnamon
	1/3 cup walnuts, chopped

INSTRUCTIONS

Preheat oven to 350° F. In a medium-sized bowl mash together bananas and coconut oil. Whisk in eggs, honey and vanilla. In a separate smaller bowl mix remaining dry ingredients. Add flour blend to the wet ingredients gradually, blending until well combined. Spoon the batter into a greased loaf pan. Bake for about 45 minutes. Remove bread from oven and allow to cool in pan for about 5 minutes before transferring to wire racks.

Date Nut Mini-Loaf



These dainty loaves offer the perfect combination of sweet and crunchy to be enjoyed with a mug of your favorite herbal tea. If you do not have a mini loaf pan (5 1/2 X 3 inches or smaller), try using this recipe to make 6 muffins, or doubling to make a full-sized bread.

INGREDIENTS

<i>3 eggs</i>	<i>1/4 cup coconut flour, sifted</i>
<i>2 tablespoons coconut oil, melted</i>	<i>1/2 teaspoon baking powder</i>
<i>2 tablespoons coconut milk</i>	<i>1/4 tsp unrefined salt</i>
<i>3 tablespoons honey or maple syrup</i>	<i>1/2 cup dates, chopped</i>
<i>1/4 teaspoon vanilla extract</i>	<i>1/2 cup walnuts, chopped</i>
<i>1/8 teaspoon almond extract</i>	

INSTRUCTIONS

Preheat oven to 350° F. In a medium sized bowl, blend eggs, coconut oil, coconut milk, extracts, salt and a combination of sweeteners. In a separate bowl, combined coconut flour and baking powder. Slowly add flour mix to wet ingredients, stirring gently until no lumps remain. Fold in dates and walnuts. Spoon into greased mini loaf pan and bake at 350°F for 45 minutes or until a toothpick inserted in the center comes out clean.

TIP: Try with dried cranberries, apricots, goji berries or cherries. Experiment with adding some carob or chocolate chips.

Carrot Cake Bread



Subtly sweet and colorful, carrots add a pleasing earthy quality to baked goods. Savor this invigorating carrot nut bread recipe that uses dried fruit and a hint of ginger for some added zing.

INGREDIENTS

<i>6 eggs</i>	<i>1 teaspoon baking soda</i>
<i>1/4 cup coconut oil</i>	<i>1 cup carrots, shredded</i>
<i>3 tablespoons coconut milk</i>	<i>1/2 cup walnuts, chopped</i>
<i>1/3 cup honey or maple syrup</i>	<i>1/2 cup raisins</i>
<i>1/2 teaspoon vanilla extract</i>	<i>1 teaspoon cinnamon</i>
<i>1/2 cup coconut flour, sifted</i>	<i>1/2 teaspoon ginger</i>
<i>1 teaspoon baking powder</i>	<i>1/2 teaspoon unrefined salt</i>

INSTRUCTIONS

Preheat oven to 350° F. In a medium sized bowl, blend eggs, coconut oil, coconut milk, extract, salt and liquid sweetener of choice. In a separate bowl, combined coconut flour and baking powder. Slowly add flour mix to wet ingredients, stirring gently until no lumps remain. Fold in carrots, walnuts and raisons. Spoon into greased mini loaf pan and bake at 350°F for 50-60 minutes or until a toothpick inserted in the center comes out clean.

TIP: Use any variety of nut you enjoy. A combination of walnuts, pecans and almonds works well with this recipe.

Cinnamon Pumpkin Loaf



This charming bread is filled with warm spices and hints of fall. Yet even though it uses pumpkin, this recipe is far too delicious to save for just one season. Slather a slice with butter or ghee for a year-round treat.

INGREDIENTS

1/2 cup pumpkin, mashed	1 teaspoon baking powder
1/4 cup coconut oil, melted	1 teaspoon pure baking soda
6 eggs	1/2 teaspoon unrefined salt
1/4 cup maple syrup	2 teaspoons cinnamon
1 teaspoon vanilla extract	1/4 teaspoon nutmeg
1/2 cup coconut flour	1/2 cup raisins (optional)

INSTRUCTIONS

Preheat oven to 350° F. In a medium-sized bowl whisk eggs, maple syrup, coconut oil and vanilla. In a separate smaller bowl mix remaining dry ingredients. Add flour blend to the wet ingredients gradually. Add mashed pumpkin, blending until well combined. Spoon the batter into a greased loaf pan. Bake for about 45-50 minutes or until a toothpick can be inserted in the top and removed cleanly. Remove bread from oven and allow to cool in pan for about 5 minutes before transferring to wire racks.

TIP: Make your own mashed pumpkin at home! [Visit our blog](#) to learn how.

Simple Sandwich Flatbreads



These rounds are perfect for grain-free meals on-the-go. Use them slathered with homemade hummus, stacked into a classic turkey sandwich, topped with salsa and cheese for a soft taco creation. No more awkward roll-ups or lettuce sandwiches for lunch.

INGREDIENTS

- | | |
|---------------------------------|-----------------------------|
| 1 egg | 1/4 teaspoon unrefined salt |
| 2 tablespoon water | 1 teaspoon honey (optional) |
| 1 teaspoon coconut oil, melted | |
| 1 tsp bovine gelatin | |
| 1 1/2 tablespoons coconut flour | |
| 1/4 teaspoon baking powder | |

INSTRUCTIONS

Preheat oven to 350°F. Combine gelatin, coconut flour, baking powder and salt. In a separate bowl, whisk together egg, water, oil and honey if using. Slowly sprinkle in the flour mixture, stirring continuously until no large lumps remain. Let batter sit for about 5 minutes to set. It will develop a spongy texture as the gelatin does its work. Scoop thickened batter onto a parchment paper covered baking sheet and smooth into rounds no more than 1/4 inch thick. Bake for about 15 minutes. Slowly peel flatbreads from parchment paper and allow to cool.

TIP: This recipe is for 2 small flatbreads. It can easily be doubled, tripled or even quadrupled to make more!