

COCONUT RECIPES

Coconut Balls

<http://www.leefromamerica.com/blog/2017/3/14/coconut-fat-balls>

1 c coconut shreds	½ c almonds
½ c coconut oil, melted	2 tbsp cacao nibs
¼ c coconut butter	1 tsp cinnamon
¼ cup sunflower seeds	3 medjool dates (pitted)
¼ c pepitas	1/3 c almond milk
½ c cashews	

1. Blend everything in a food processor until dough is achieved. Dough will be wet; that's good!
2. Roll into bite sized balls and lay flat in an air-tight container and freeze. These last for months.
3. Remove from freezer and thaw for 5 minutes before eating to release flavor.

Coconut Flour Pancakes

3 eggs
2 tbsp coconut flour
Pinch of salt
Cook in coconut oil

Chia Jam

Stew up mashed strawberries or other fruit of choice, and add chia seed to mixture on stove, cool to make a gel). Put on coconut pancakes or use on biscuits.

Coconut Biscuits

1/3 c coconut flour
5 tbsp coconut oil
4 eggs
2 tbsp honey (optional)
Dash of salt
½ tsp baking powder

Directions: Preheat oven to 400 degrees F. Put all ingredients into bowl and mix using hand. Form into nine small balls and mash each one down with a spoon. Bake for 12-15 minutes until starting to brown.

Coconut Banana Bread or Muffins

<https://comfybelly.com/2013/10/banana-bread-using-coconut-flour-2/?printthis=1&printsect=1>

Choose a pan that is 7.5 x 3.5 inches (19 x 8.9 cm), but you can use a larger pan and the loaf will be flatter, or you can double the recipe and bake it a bit longer.

Line at least the bottom of the baking pan with parchment paper or both sides and bottom of pan. You can generously grease all sides of the pan although clean up will be a bit more challenging.

NOTE: If your batter seems too fluid, add about a teaspoon or so more coconut flour. Make sure you're using the correct amount of bananas and coconut flour or you will not have good results. Also, let the loaf cool completely before slicing since the moisture reduces as it cools so the loaf will become firmer over time.

*** These make great banana muffins, too! For the muffins, bake for 25 minutes, or until a toothpick inserted in the center comes out clean.*

Ingredients

- 3 ripe, peeled bananas (300 g, or about 1 1/2 cups mashed)
- 3 large eggs
- 1 tablespoon vanilla extract
- 3/4 teaspoon baking soda
- Pinch of Himalayan salt
- 1/4 cup plus 2 tablespoons (39 g) coconut flour

OPTION: 1-2 tablespoons honey (or maple syrup or coconut sugar).

Method

1. Preheat your oven to 350°F.
2. Prepare a baking pan with parchment paper, or grease generously.
3. Mash the bananas until smooth using a mixer or by hand in a large bowl.
4. Add eggs, maple syrup, and vanilla to the mashed bananas and blend well.
5. Add the baking soda, salt, and coconut flour to the wet batter and blend well.
6. Let the batter sit for 5 minutes or so to give the coconut flour time to absorb the liquids.
7. Pour the batter into the baking pan and bake for 50 minutes or until the top begins to brown and a toothpick inserted in the center of the bread comes out clean.
8. Cool fully and slice. This is very moist when first out of the oven but tends to firm up over time. Store covered for a few days at room temperature or in the refrigerator for a few weeks, or seal and freeze for a few months.

Makes one loaf.