

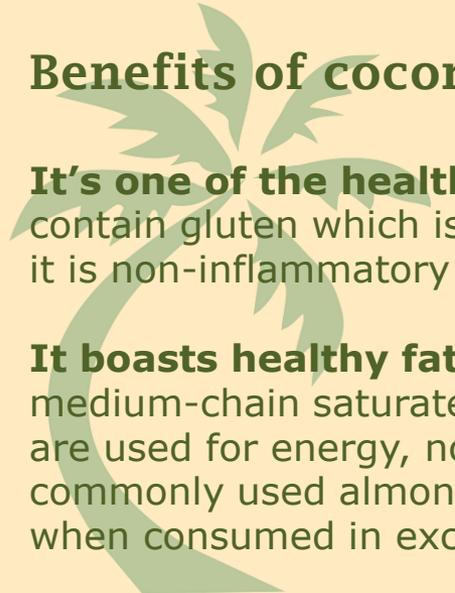


XCentric Ideas

**Coconut Milk? *No.* Coconut Water? *No.*
Coconut Flour!! *Yes!***

Recipes from the Internet
Photos my own

October 2015
Volume 10 — Issue 9
by
ALMA PRETORIUS
alma@xcentricideas.co.za
www.xcentricideas.co.za



Benefits of coconut flour

It's one of the healthiest flours available – grain flour such as wheat, barley and spelt contain gluten which is very difficult to digest. Because coconut flour is not a grain-based flour, it is non-inflammatory and low in carbs.

It boasts healthy fats – coconut flour contains fats from coconut oil, which are primarily medium-chain saturated fatty acids (MCTs). MCTs have been shown to improve metabolism and are used for energy, not stored in fat tissue. Unlike other nut and seed flours, like the commonly used almond flour, coconut flour is very low in omega-6. Omega-6 is inflammatory when consumed in excess, which is why its advocated to only occasionally use almond flour.

It does not contain enzyme inhibitors – another strike against other nut and seed flours is the high content of enzyme inhibitors, which can wreak havoc on digestion.

It is high in fiber – this provides a satiating effect to coconut flour baked goods. However, the high fiber content can make coconut flour difficult for some people to digest. I recommend consuming no more than 4 tablespoons of coconut flour per day to avoid any irritation to the GI tract. If you experience discomfort consuming coconut flour (it's not common, but it's not rare either), you may need to scale it back to 2 tablespoons per day.

A little goes a long way – coconut flour is in South Africa A LOT LESS expensive than almond flour.

But beware ... YOU CANNOT substitute normal flour in a recipe with the same amount of coconut flour! Coconut flour is like a sponge ... it soaks up liquid, so recipes with coconut flour has more eggs and liquid than normal recipes.

YOU HAVE TO TRY THE following RECIPES! I was blown away!!!!!!

Coconut Flour Cheddar Drop Scones

¼ cup canola oil (or other oil)
1/3 cup sifted coconut flour
4 large eggs, beaten
¼ tsp salt
pinch of coarse black pepper
¼ tsp baking powder
1/3 cup cheddar cheese, grated
1/3 cup milk

In food processor/blender, add the sifted coconut flour, baking powder, salt and pepper. Add the eggs, oil and milk. Blend till smooth. Let rest in blender for 15 minutes. Add the cheese and blend again.

Drop the batter by the tablespoonful onto a greased cookie sheet. Bake at 200 °C for 15 minutes. This recipe makes about 12 biscuits.



Coconut Flour Pancakes / Flapjacks



2 large egg whites
¼ cup coconut flour, sifted
¾ cup milk
1 tsp vanilla essence
½ tsp baking powder
⅛ tsp salt
⅛ tsp ground cinnamon

Combine all ingredients and stir until thoroughly combined. (Be patient as this may take a few minutes.)

Heat a greased non-stick skillet/pan over medium high heat for a minute or two. (You want the pan to be completely pre-heated so the first pancakes cooks correctly.)

Pour desired amount of batter onto skillet (I used two tablespoons to make medium-sized pancakes), and cook until golden, a few minutes on each side. Transfer to a plate and repeat with remaining batter, re-greasing (or spraying with cooking spray) between each pancake. Top at will and devour!

Coconut Flour Bread

The 1st time I made this bread, I followed the recipe ... but it came out too crumbly. So I adjusted it some and it was just perfect! It sliced nicely.

4 large eggs
1 tbsp honey
 $\frac{3}{4}$ cup canola oil (or other oil)
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ cup coconut flour, sifted
 $\frac{1}{2}$ cup milk
1 tsp baking powder

Preheat oven to 200 °C. In a medium-sized bowl mix eggs, oil, honey and sea salt until well-blended. Combine sifted coconut flour and baking powder, and whisk them slowly into the batter until no lumps remain. Let mixture rest for 15 minutes. Whisk again.

Spoon the batter into a small greased loaf pan (9x5x3 or smaller). Bake for about 30 minutes (or till test skewer comes out clean). Let it stand in pan for 5 minutes. Remove from pan and cool on rack.

It does taste a bit like a scone, but at least it slices nicely!!!





Coconut Flour Pie Crust

Or pizza crust???

*Decide if you want to make a sweet crust or a savory crust ...
I'm pretty sure you can use this recipe as a pizza crust too ...*

½ cup canola oil (or other oil)
¼ tsp salt
1-3 tbsp honey (**for sweet pie crust**)

2 large eggs
¾ cup coconut flour, sifted
1-3 tbsp dried mixed herbs
(**for savoury pie crust**)

Preheat oven to 180 °C degrees. Grease your pie dish.

In a medium bowl beat oil, eggs, honey/herbs and salt together with a fork. Then add coconut flour. Stir until dough holds together. Gather the dough into a ball, then pat into your greased pie pan. Prick the dough with a fork. Bake for 8-10 minutes or until lightly brown. Let cool completely. Fill with sweet pie filling and refrigerate or bake as per your recipe.

I made a tuna quiche, so I added my tuna, eggs-milk mixture onto cooled crust and baked till set.

Coconut Flour Chocolate Cake

½ cup cocoa
½ cup coconut flour, sifted
2 ½ tsp baking powder
½ tsp ground cinnamon
pinch of sea salt
6 large eggs, beaten
½ cup honey or maple syrup
½ cup canola oil (or other oil)
½ cup milk
1 tsp vanilla essence

Preheat oven to 160°C. Combine cocoa, coconut flour, baking powder, cinnamon & sea salt into a food processor with the dough hook. Add the eggs, honey, vanilla, milk and oil.

Mix well until smooth and combined. Let mixture rest for 15 minutes in processor. Beat again till smooth. Pour into a 22 cm square baking tin lined with baking paper. Bake the cake for 35 – 40 minutes or until cooked through. Best to test after 35 minutes to make sure as oven temperatures may vary. Remove from the oven and cool.

If cake is a bit dried out, (*mine was 'cause I baked it for 45 minutes*) prick with a toothpick. Make a cup of instant coffee. Pour the hot coffee over the cake. Spread with ganache / chocolate mousse / chocolate yoghurt / melted chocolate. Cut into squares. Keep refrigerated. **Freezes beautifully! If frozen, thaw the cake a day in advance.**



Coconut Flour Fruitcake



3 ripe bananas (approximately 330 grams)
½ cup raisins
½ cup currants
½ cup chopped dried pears
½ cup chopped medjool dates, seeds removed (or dried dates)
1 cup glacé cherries, cut into halves
1 cup orange juice
¾ cup coconut flour, sifted
2 tsp mixed spice (All Spice)
5 large eggs
1 tsp vanilla essence
1 tsp bicarbonate of soda (baking soda)
pinch of salt

Preheat your oven to 180 °C .

Grease and line a 22cm x 22cm square cake tin. (Or similar size)

Place the orange juice, dried fruit and cherries into a saucepan, bring to the boil, cover and turn off the heat. (If you use dried dates, cook this mixture for about 5 minutes to soften the dates.)

Place the bananas into your blender or food processor and puree. Add the sifted coconut flour and the mixed spice, salt and vanilla, mix until combined. Mix in the eggs one at a time. Pour out into a mixing bowl.

To the heated dried fruit/cherry mixture, add the teaspoon of bicarb and stir. It will bubble. Add this dried fruit/cherry mixture to the banana/coconut flour mixture and stir until the fruit is evenly distributed.

Spoon the mixture into your prepared tin. Level the top. Bake for 25 minutes (Test with skewer if it comes out clean.) If not baked through, cover with foil and bake for a further 5 minutes (or till test skewer comes out clean.) Remove from the oven. Keep in cake tin for 5 minutes before carefully flipping onto a cooling rack. Allow to cool prior to cutting. Keep refrigerated.

This fruitcake squares freezes fantastic! Let the frozen fruitcake thaw a day in advance.

Recipe: **adapted from** <https://wholefoodsimply.com/fruit-cake/>

Coconut Flour Fruitcake – No bananas

Thanks Cathy for being allergic to bananas ... I was really inspired to try this fruitcake without bananas!

385 g x tin Mayfair Pie Apple Slices, drained
½ cup raisins
½ cup currants
½ cup (firmly packed) tinned pears, drained, chopped
1 cup red glacé cherries, left whole
1 cup Dry Lemon Soft Drink / other juice
¾ cup coconut flour, sifted
2 tsp mixed spice
5 large eggs
1 tsp vanilla essence
1 tsp bicarbonate of soda (baking soda)
pinch of salt



Preheat your oven to 180 °Celsius. Grease and line a 22cm x 22cm square cake tin (or similar size).

Place the dry lemon/juice, tinned pears, raisins, currants and cherries into a saucepan, bring to the boil, cover and turn off the heat.

Place the tinned apple slices into blender/food processor and puree. Spoon in the sifted coconut flour, add the mixed spice, salt & vanilla, mix until combined. Mix in the eggs one at a time. Pour out into a mixing bowl.

Add the teaspoon of bicarb into the still warm fruit, cherry and raisin/currant mixture and stir. It will bubble. Add this mixture to the apple, coconut flour mixture and stir until the fruit is evenly distributed.

Spoon the mixture into your prepared tin. Level the top. Bake for 30 minutes (Test with skewer if it comes out clean.) If not baked through, cover with foil and bake for a further 5 minutes. Remove from the oven. Allow to stand for 5 minutes before flipping onto a cooling rack. Allow to cool prior to cutting. Keep refrigerated.

This texture is different from the other fruitcake – it's more spongy, but still delicious! Remember you can freeze the squares – let it thaw a day in advance.

Coconut Flour Carrot Cake

1 cup coconut flour, sifted
1 cup maple syrup / honey
½ cup canola oil (or other oil)
8 large eggs, at room temperature
1 tbsp ground cinnamon
1 tsp ginger
½ tsp ground nutmeg
½ tsp salt
1 tbsp lemon juice
1 tsp baking soda (bicarbonate of soda)
2 cups grated carrots (about 4 carrots)
½ cup diced tinned pineapple, drained (optional)
¼ cup raisins (optional)
1 Banana, pureed - about 100 g (optional)
Orange zest
115g grenadilla pulp (optional)



Preheat the oven to 180 °C and generously grease your 22 cm x 22 cm (or similar size) pan.

Combine coconut flour, maple syrup/honey, oil, eggs, banana, orange zest, grenadilla pulp, cinnamon, ginger, nutmeg, salt, lemon juice and baking soda. Mix well to create a uniform batter. If any of your ingredients are cold the mixture will be thicker than traditional cake batter, but don't worry, it will still bake just fine! Once the batter is uniform, stir in the grated carrots, pineapple, and raisins (if using).

Pour batter into prepared pan and bake at 180 oC until the centre is firm, about 37 minutes for 22 cm square pan. Test with skewer – if still wet, bake longer). *I've cut mine up, saw it was a bit too wet inside. I put all the squares on a baking sheet and baked it for 15 min at 140 oC.* Allow to cool in the pan for 20 minutes, then transfer to a wire rack to cool completely before frosting. Keep in fridge.

After you've cut it, you can keep the carrot squares in the freezer in containers. Remove the day before use to thaw out.



Coconut Flour Shortbread Cookies

6 tbsp coconut flour, sifted
4 tbsp butter melted (about 71 g butter)
1 tbsps honey or maple syrup
¼ tsp vanilla essence

Preheat oven to 180 °C.

In a small bowl, mix all ingredients together until it is the consistency of a thick paste.

Shape into balls and place on a lined baking sheet. Press down on the tops gently with a fork. *I patted the mixture on baking sheet in a square.*

Bake for 8-10 minutes until lightly browned on the bottom. *You have to watch this, they go brown quickly.*

Let cool completely on the pan or they will crumble. *My squares aren't that smooth-looking, but they tasted delicious! Sprinkle with castor sugar.*

These cookies do not spread when they bake