



THE COCONUT MAMA'S
**COCONUT
FLOUR**
COOKBOOK

A beginner's guide to using coconut flour, including 12 kitchen tested recipes

Coconut Flour Recipes



The Coconut Mama

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How To Use Coconut Flour

Coconut flour is a wonderful flour that can be used to recreate grain free versions of your favorite breads and desserts.

Coconut flour is a high fiber flour often used by those on gluten and grain free diets. If you've ever tried baking with coconut flour you'll know that it can be a little tricky to use. This is because it absorbs liquid far more than traditional flours. Because of this, you may have started noticing smaller quantities called for in recipes. For example, when baking muffins with wheat flour you use up to 3 cups, but when baking muffins using coconut flour you'll use roughly 1/2 to 3/4 cups instead.

You may also have noticed that most coconut flour recipes often call for a large amount of eggs. The reason so many eggs are needed is because the flour needs eggs to bind the ingredients together (xanthan gum and flax egg replacement won't work).

Converting recipes to use coconut flour can be super difficult, and can lead to unwanted results. I've created several coconut flour recipes to share with you and to help you get started using coconut flour. These recipes are all kitchen tested, so you know that you won't have to waste time or money on ingredients.

How To Make Coconut Flour

Coconut flour can be purchased at most health food stores but if you'd like to save money and make your own it's really easy. To get started you're going to need to make a batch of coconut milk!

Ingredients

- 4 Cups of Water
- 2 Cups of Dried Organic Shredded Coconut

Directions

1. Heat the water in a pot but do not let it boil.
2. Place the shredded coconut in the blender and add the hot water.
3. Let it steep for about 20-30 minutes and then blend on high until it is thick and creamy (about 2-3 minutes).
4. Strain through a mesh strainer and then strain again through a towel.
5. You can drink immediately or put it in a glass jar and store in the fridge for 3-4 days. I will say this coconut milk tastes amazing when made fresh!
6. Save the pulp so you can make coconut flour.

Coconut Flour Instructions

1. Spread the pulp that was leftover from making the milk out on a cookie sheet.
2. Use a fork or a whisk to break up the pulp. Try to get as many clumps out as possible.
3. Now you can either leave it out for 24 hours to air dry or put it in your oven at the lowest setting for 4 hours.
4. These are the two methods I have tried. You can also put it in the dehydrator or put it in your oven over night with the oven light on. Once it's dried throw it back in the blender to make your flour.
5. Store in an airtight container.

Coconut Flour Muffins

Ingredients

- 3/4 Cup of Coconut Flour
- 1/2 Teaspoon of Baking Soda
- 1/4 Teaspoon of Sea Salt
- 6 Eggs
- 1/2 Cup of Coconut Oil, melted
- 1/2 Cup of Raw Honey
- 1 Teaspoon of Vanilla

Directions

1. Preheat oven to 350 degrees. In a small bowl, mix all dry ingredients together and set aside.
2. In a medium bowl, beat eggs and mix in melted coconut oil, honey and vanilla. Add dry ingredients and mix well. Let sit for 3-5 minutes or until coconut flour has absorbed the liquid.
3. Scoop batter into prepared muffin pan. Fill each muffin tin 3/4 full of batter.
4. Bake for 25-30 minutes. Let muffins cool before serving.
5. Store in airtight container in refrigerator.



Coconut Flour Pancakes

Makes 6-10 pancakes (depending on how small or large you make them)

Ingredients

- 4 Eggs, beaten and set aside
- 1 Cup Cream or Coconut Cream
- 1 1/2 Teaspoons Vanilla Extract
- 1/2 Cup Coconut Flour
- 2 Tablespoons Coconut Sugar
- 1 1/2 Teaspoon Baking Soda
- 1/4 Teaspoon Sea Salt
- Coconut Oil or Butter for Cooking



Directions

1. Mix eggs, cream, vanilla together. Set aside.
2. In a separate bowl, combine coconut flour, coconut sugar, baking soda and sea salt. Slowly mix wet mixture into dry mix.
3. Heat griddle or frying pan to medium heat. Add ghee, coconut oil or butter.
4. Make pancakes using 2 tablespoons-1/4 cup of batter at a time (smaller pancakes are easier and will be less likely to fall apart when removing).
5. Cook for a few minutes on each side.
6. The pancakes should be slightly brown and dry on both sides.

Pie Crust

You can use butter or coconut oil in this recipe and if you're using this crust for a savory dish leave out the sweetener. I've used this crust to make quiche, chicken pot pie, coconut cream pie and pumpkin pie. It's turned out with every pie I've made! If the pie recipe you're using calls for a longer bake time, then I would suggest covering the edges of the pie with foil or a pie crust cover to prevent burning.

Ingredients

- 1/2 Cup Coconut Oil or Grass-Fed Butter, Melted
- 2 Eggs, Preferably Local & Pastured
- 1/4 Teaspoon Sea Salt
- 3/4 Cup Coconut Flour
- 1-3 Tablespoons Raw Honey

Directions

1. Preheat oven to 400 degrees.
2. In a medium bowl beat butter, eggs, honey and salt together with a fork.
3. Then add coconut flour. Stir until dough holds together.
4. Gather the dough into a ball, then pat into a 9" greased pie pan.
5. Prick the dough with a fork.
6. Bake for 8-10 minutes or until lightly brown. Let cool.



Pizza Crust

This recipe makes one 8 inch pizza crust.

Ingredients

- 2 Tablespoons Ground Flaxseed
- 5 Tablespoons Filtered Water
- 1/4 Cup Sunflower Seeds
- 1/2 Cup Coconut Flour
- 1/4 Cup Arrowroot Powder
- 1/2 Teaspoon Baking Powder
- 1/2 Teaspoon Italian Seasoning
- 4 Tablespoons Coconut Oil
- 3 Tablespoons Water



Directions

1. Pre-heat your oven to 375 degrees.
2. Mix the ground flax seeds with 5 tablespoons of water in a small bowl and set aside.
3. In a food processor, mix the sunflower seeds, coconut flour, arrowroot powder, baking powder and Italian seasoning.
4. Add the ground flax and water mixture and process for 30 seconds.
5. Add the coconut oil and process again until the oil is completely combined.
6. Slowly add 1-3 tablespoons of filtered water until the dough comes together in a ball. Add more water if needed.
7. Form the pizza dough into a ball (or round shape) and place it on a lined cookie sheet.

8. Place a sheet of parchment paper on top of the dough.
9. Use a rolling-pin to roll the dough out. Do your best to keep it round and even.
10. Once the dough is evenly rolled out and is approximately a quarter-inch thick, remove the parchment paper from the top of the pizza crust.
11. Bake the crust for 18-20 minutes, or until it's golden brown.
12. Top with your favorite pizza toppings and return to the oven for 5 minutes, or until the toppings are melted/baked.

Tortillas

This recipe makes twelve 8" coconut flour tortillas. These can be served immediately, stored in the refrigerator for 2 weeks or in the freezer for longer.

Ingredients

- 2 1/2 Cups Almond Milk or Coconut Milk
- 4 large Organic Eggs
- 2 Cups Tapioca Flour Starch
- 1/2 Cup Coconut Flour
- 1 Tablespoon Flaxseed Meal
- 1/2 Teaspoon Sea Salt
- 1/4 Teaspoon Vanilla Extract (optional, but recommended when using tortillas for sweet crepes)



Directions

1. Heat an 8" frying pan over medium heat. Depending on the type of pan you are using, you may want to melt a 1/2 tsp of coconut oil to ensure the tortillas don't stick.
2. In a mixing bowl, add together the almond milk and eggs. Blend or whisk well.
3. Add the remaining ingredients and continue mixing until there are no clumps of flour.
4. *Ensure the pan is well heated before moving forward*
5. Using a 1/2 cup measuring cup, scoop the mix and pour onto the center of the pan. Quickly rotate your wrists and tilt the pan until the mixture covers the entire bottom. This will create an 8" tortilla.
6. After a minute or so you will see the edges starting to lift. Using a wide spatula, flip the tortilla. Cook until golden brown and flip once more to brown the first side.

7. Remove from heat and allow to cool on a baking rack. Add a tiny amount of coconut oil to your pan and begin again.

10 Minute Flatbread

This recipe makes two pieces of flat bread, enough for one sandwich, burger or two small pizzas. The bread comes together very easily and bakes for only 10 minutes!

Ingredients

- 1 1/2 Tablespoons Coconut Flour
- 1 Tablespoon Coconut Oil, Melted
- 1 Egg
- 1/8 Teaspoon Sea Salt
- 1/4 Teaspoon Baking Powder

Directions

1. Preheat oven to 350 degrees.
2. Mix coconut flour, sea salt, and baking powder together until combined.
3. Add egg and melted coconut oil and mix well.
4. Let batter sit for a few minutes to allow the flour to absorb the liquid.
5. Scoop half the batter on baking pan and use a spatula to spread batter into a circle the size of a bun.
6. Repeat using the rest of the batter. Bake for 10 minutes or until golden brown.



Coconut Flour Bread

This bread isn't your everyday sandwich bread. This recipe will make a loaf of dense bread, similar to cornbread. Best enjoyed with soup or chili.

Ingredients

- 6 Eggs, room temperature
- 1/2 Cup Coconut Oil, melted and cooled
- 1 Tablespoon Raw Honey (optional)
- 3/4 Cup Coconut Flour
- 1/2 Teaspoon Sea Salt
- 1 Teaspoon Baking Powder

Directions

1. Preheat oven to 350 degrees.
2. Use a medium/large bowl, mix eggs, coconut oil and honey (if using).
3. Mix until all the wet ingredients are combined.
4. Add coconut flour, baking powder and salt to the wet mixture and mix until the batter is lump free. Allow the batter to sit for 5 minutes.
5. Pour batter into a greased bread pan.
6. Bake bread until the top is golden brown and a toothpick inserted into the middle comes out clean, about 35-40 minutes.



Pumpkin Bread

Ingredients

- 3/4 Cup Coconut Flour
- 2 Tablespoons Arrowroot Powder (optional, makes a lighter loaf)
- 1/2 Teaspoon Baking Soda
- 1 Teaspoon Baking Powder
- 1/2 Teaspoon Sea Salt
- 1/2 Cup Coconut Palm Sugar
- 1 1/2 Teaspoon Cinnamon
- 1/4 Teaspoon Nutmeg
- 7 Eggs, Separated
- 3/4 Cup Pumpkin Puree
- 1/4 Cup Coconut Oil
- 1/2 Tablespoon Vanilla Extract



Directions

1. Pre-heat oven to 325 degrees. Combine all dry ingredients and set aside.
2. In a separate bowl, beat egg whites and sea salt together until stiff peaks form. Set aside.
3. Mix egg yolks, pumpkin puree, palm oil and vanilla together.
4. Mix dry ingredients with pumpkin mixture until well combined. Fold in egg whites.

5. Pour bread batter into a well greased bread loaf pan. Cover with foil and bake for 30 minutes. Take foil off and continue to bake until cooked through, another 15-30 minutes. Turn off oven and leave bread in the oven for 30 minutes (this will allow the middle to finish cooking).
6. Remove bread from pan and let cool on wire rack.

Banana Bread

Ingredients

Dry Ingredients:

- 3/4 Cup Coconut Flour
- 1/2 Teaspoon Baking Soda
- 1 Teaspoon Cinnamon
- 1/4 Teaspoon Sea Salt
- 1/4 Cup Shredded Coconut (plus a little extra to top the loaf)

Wet Ingredients:

- 3 Pastured Eggs
- 1/4 Cup Apple Sauce
- 1/3 Cup Coconut Oil
- 1 Teaspoon Vanilla Extract
- 3 Medium Bananas (ripe)
- 1/3 Cup Raw Honey

Directions

1. Preheat the oven to 300F.
2. Lightly oil your loaf pan. In addition to oiling the pan, I like to cut 2 strips of unbleached parchment paper and overlap them in a cross to cover the interior of the bread pan. This will help your bread lift out once it is baked.



3. Whisk together dry ingredients in a medium size bowl and set aside.
4. Mash the bananas in a small bowl. I use a potato masher.
5. In a small saucepan, melt the coconut oil on the stove top (and the honey if it is in a solid state).
6. Finally, mix together all ingredients including the ones that you have not yet touched and the ones that you have set aside. Mix until well incorporated.
7. Pour into the lined bread pan. Sprinkle extra shredded coconut over the loaf if you desire.
8. Bake for 1hr and 10 minutes. Remove from the oven insert a toothpick into the loaf. If it does not come out cleanly, return the bread to the oven for another 10 minutes and check again. Continue until the toothpick removes cleanly. Enjoy!

***Baking Considerations**

- An old fashioned aluminum bread pan works best. The lighter the pan the better as dark pans absorb the heat and often burn the loaf. Glass pans, while light, are actually the worst. They act as an insulator and over cook the bread.
- Over mixing, or mixing using beaters will create a dry and thick loaf.
- The riper the bananas, the better the loaf will taste.
- Preheat your oven for at least 15-20 minutes.

Chocolate Chip Cookies

This recipe makes 6 bit-size cookies, perfect for a small indulgence!

Ingredients

- 3 Tablespoons Coconut Flour
- 2 Tablespoons Coconut Oil
- 1-1 1/2 Tablespoons Honey or Maple Syrup
- Pinch of salt
- 2 Tablespoons Soy-Free Chocolate Chips

Directions

1. Preheat your oven to 350 degrees.
2. Use a food processor or blender to mix coconut flour, coconut oil, honey and salt together.
3. Add chocolate chips and mix until chips are evenly distributed in cookie dough.
4. Use a round 1/2 tablespoon measuring spoon to scoop out each cookie.
5. Place cookies on a parchment lined cookie sheet. You will have 10-12 small cookies.
6. Bake cookies for 8-10 minutes or until they are golden brown.
7. Let cookies cool before removing from the cookie sheet. They will crumble if you try to remove them before they are cooled.



Double Chocolate Brownies

Ingredients

- 1 Cup Coconut Flour
- 1/2 Teaspoon Baking Soda
- 1/2 Teaspoon Salt
- 2/3 Cup Coconut Oil
- 2 -12 oz Bags of Soy Free Chocolate Chips, Divided
- 3/4 Cup Pure Maple Syrup
- 2 Teaspoons Vanilla Extract
- 5 Eggs, At Room Temperature



Directions

1. Preheat oven to 325 degrees F.
2. Mix dry ingredients in a medium size bowl and set aside.
3. Melt 1 bag of soy free chocolate chips in a small saucepan over low heat.
4. Once the chocolate is completely melted you'll need to add the coconut oil, maple syrup and vanilla extract to the chocolate.
5. Mix well and turn off the heat.
6. Pour the melted chocolate into the batter. Mix ingredients together.
7. Add the eggs to the batter and mix thoroughly. It's important that the eggs are at room temperature so they don't cause the coconut oil to harden in the batter. The brownies will cook uneven if this happens.

8. Grease a 9x13 inch pan with coconut oil, ghee or butter.
9. Pour half of the brownie batter into the pan.
10. Sprinkle to top of the batter with 6 ounces of chocolate chips (half a bag).
11. Pour the remainder of the batter over the chocolate chip layer.
12. Sprinkle the second half of the bag of chocolate chips over the top brownie layer.

13. Bake the brownies for 50 - 60 minutes or until a toothpick inserted in the middle of the pan comes out clean.
14. Let the brownies cool before slicing and serving.

Coconut Flour Cupcakes

Ingredients

- 6 Eggs
- 1/2 Cup Coconut Oil, Melted
- 1/2 Cup Coconut Sugar
- 1/2 Teaspoon Sea Salt
- 2 Teaspoons Vanilla Extract
- 1/2 Cup Coconut Flour
- 1 Teaspoon Baking Powder (I use this grain free baking powder)

Directions

1. Preheat oven to 350 degrees
2. Mix dry ingredients together in a mixing bowl.
3. Stir the melted coconut oil into the dry ingredients.
4. Add eggs and vanilla extract to the batter and mix until incorporated.
5. Line muffin tins with cupcake liners.
6. Pour batter into each cup, filling 3/4 the way full.
7. Bake cupcakes for approximately 20 minutes or until golden on top.
8. Cool before frosting.



Dairy Free Chocolate Frosting

Ingredients

- 1 Can Coconut Cream, Cold
- 2/3 Cup Soy Free Chocolate Chips

Directions

1. Open cold coconut cream and pour off any liquid.
2. Melt chocolate chips in a small saucepan over low heat.
3. Once melted take off the heat and mix in the coconut cream.
4. Refrigerate chocolate frosting for approximately 20 minutes or until it's cold.
5. Use a mixer to whip the frosting up to make it fluffy and spreadable.

