



40 COCONUT FLOUR RECIPES

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Hi there! I'm Angela,
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blog.

Following a low carb and gluten free lifestyle had led me to many new recipes and recreating old ones. One of the common complaints about following a low carb or gluten free lifestyle is the idea that you have to give up your baked goods. This is not true as there are some great alternatives to wheat flour. One of my favourites is coconut flour and I hope this book shows that you can still enjoy a brownie or bagel when cooking low carb or gluten free and be creative too!

Whether you are an experienced cook or new to coconut flour, I hope you will enjoy reading and using this book

Angela

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INTRODUCTION



INTRODUCTION

When you first step away from baking with wheat flours and start using low carb and gluten free flours it can be a bit daunting at first. Especially with coconut flour as due to the high fibre content you will find that you do not use as much flour in a recipe as wheat flour. If you recoil in shock at the price of coconut flour, remember that you are going to use a lot less volume in your recipes compared to wheat flour. You do need to add a lot of moisture into coconut flour recipes as the coconut flour sucks up any liquid like a sponge. Generally, you would use 1/4 cup to 1/3 cup of coconut flour for 1 cup of wheat flour, but probably double the eggs. I find that coconut flour is great with high water content items such as zucchini as it sucks up all the excess moisture faster than I can order at an open bar!

I mainly bake with almond flour, ground flaxseed and coconut flour as I like to follow a low carb and gluten free lifestyle (I refuse to use the term diet!). However, my favourite low carb and gluten free flour is coconut flour. The first time using coconut flour can be a bit experimental (or maybe it is just me!) but stick with it. It took me a while to get the right cupcake recipe, but once you find one which works for you, there will be no stopping you!

Coconut flour is made from the meat of coconuts after the milk has been removed and is loaded with nutrients that offer numerous health benefits. Coconut flour is low carb, gluten free, grain free, high in fibre, has a low GI and is high in protein. It is also a good source of lauric acid which is a saturated fat thought to support the immune system and the thyroid. There is almost double the amount of fibre in coconut flour than found in wheat bran. Fibre has numerous health benefits, from reducing the absorption of sugar into the blood stream, to lowering cholesterol. Coconut flour can be beneficial for balancing blood sugar levels as it is high in both protein and fibre which both slow down the release of sugars in the bloodstream. Coconut flour is good for you...I think you've got that now!

You can use coconut flour in a variety of baked goods. I use it to make muffins, bread, cakes, pizza and bagels to list just a few. Since coconut flour is very high in fibre, it is very filling and I find that I do not gorge myself on the tasty cakes simply because I am full after one or two. Rather than my usual “oops, I ate the batch in a day”..ahem....

I think it is an amazing product and considering the increasing rise in obesity and diabetes, coconut flour should be the natural choice to control this and should be on every supermarket shelf and in everyone's kitchen cupboard!

BAKING TIPS WITH COCONUT FLOUR

- Store your coconut flour in an airtight container (or even freeze it) since it absorbs moisture. I keep mine in the fridge once I have opened a packet.
- Sift the flour before using it in a recipe to get any lumps out of it. Especially if you keep yours in the fridge.
- Do not over work the batter. Be gentle and make sure the batter looks smooth and is not too lumpy. Add more liquid if need be.
- If the recipes are not rising as much as you expect (factors like the altitude where you live can effect baked goods) then put the eggs and liquids into a blender to whip some air into them before adding to the coconut flour.

BINDING AGENTS IN GLUTEN FREE COOKING

Since gluten free flours do not have the binding action of gluten that wheat flours have you will often need to use a binding agent in your coconut flour bread recipes. Although Xanthan Gum and Guar Gum are used by others, it's something I have not personally used much but feel free to have a play with them. For my baking I use the following:

Psyllium Husk Powder

I use psyllium husk powder, although you can use whole psyllium husks. They are a great source of fibre and absorb moisture more than coconut flour! When added with liquid psyllium becomes gelatinous and can make your gluten free bread mixture more "dough-like". A word of warning. Some brands can result in a purple colour to your baking. Although the taste is not changed, you might be deterred by purple baked goods. Or not. Psyllium husk powder can be found in online and in health stores, but I currently purchase mine from the pharmacy section in the colon cleansing section. I always feel that I need to explain my purchase though..."I bake with it, honest, I'm regular, I use coconut flour!".

Chia Seeds

Chia seeds are tiny black seeds from the plant *Salvia Hispanica* which is a native plant in South America. Chia seeds are a great superfood and are high in antioxidants, fibre, omega-3 fatty acids and protein. They will absorb ten times their size in water and swell up like a gel when left in water. Ground chia seed can help give gluten free breads flexibility and softness to the dough mixture. Chia seeds are a good egg replacer which is good for anyone with egg allergies too. To replace an egg, take 1 tablespoon of chia seeds mixed with 3 tablespoons of water and let the mixture sit for 15 to 20 minutes.

Flax Seeds

Flax seed is my must super food that I try to sneak into our diet without my husband putting up a fight. It may be small but it packs a nutritional punch! It is low in carbs, high in fibre, high in most of the B vitamins, magnesium and manganese and rich in Omega-3 fatty acids.

Omega 3 fatty acids are great against heart disease, arthritis, diabetes and some cancers. This is the type of fat that can produce amazing benefits for your heart and cardiovascular system. When you incorporate flax seed in your daily diet you are providing your body with the richest natural source of Omega 3 fatty acids that are available. This is also great for Vegans and Vegetarians who can obtain their Omega 3 fatty acids without having to compromise their dietary beliefs.

The fibre content is just amazing and is great for lowering cholesterol and helps stabilizing blood sugar. It is high in phytochemicals and many antioxidants. There are very high concentrations of antioxidants present in flax seed. Lignans and other anti-oxidizing compounds are able to repair much of the cellular damage that is wrought by free radicals in your system. Flax seed is probably our best source of lignans, which convert in our intestines to substances that tend to balance female hormones. Lignan can promote fertility, reduce peri-menopausal symptoms, and help toward the prevention of breast cancer. They can also prevent type 2 diabetes.

One major point to note is that the flax seeds need to be ground to make the nutrients available. Flax seed oil does not contain the benefits of ground flax seed either. I grind mine in a hand processor or sometimes can buy it in flax meal format.

Flaxseed produces a gel when mixed with water, just like chia seeds. Use one tablespoon of ground flaxseed combined with 3 tablespoons of boiling water to produce an egg replacement gel.

Apple cider vinegar and baking soda are also a good natural combination to help more rise. It feels like a chemistry lesson too when the products come into contact with each other!

SUGAR SUBSTITUTES

Wherever a sweetening is required in a recipe I have suggested erythritol simply as it's my personal sugar substitute of choice. Please feel free to substitute this with your sweetener of choice in the recipes.

Erythritol

Erythritol is a natural sugar substitute which occurs naturally in fruits and mushrooms. It is up to 70% sweet as normal sugar but has virtually no calories, very low on carbs, does not affect your blood sugar, has a low GI index and does not cause tooth decay. It looks like the normal granulated stuff though.

It is absorbed by the body into the blood but then is excreted out into the urine, and is therefore unlikely to cause gastric side effect like other sugar substitutes. However, I must point out that it is not suitable for irritable bowel sufferers. You can use erythritol in place of sugar for all your baking. It works just as good as normal sugar. It actually looks like sugar and when I purchase it I often cheekily think to myself, they could be selling me normal sugar at twice the price. I will sometimes grind mine down into a powder with a hand processor to use in cooking. It will look like icing sugar and is easily to dissolve in some recipes.

It is not available in supermarkets but should be available in your local health shop. Failing that, online shopping is your friend!



CHAPTER 1

BAGELS



One bagel recipe – four ways!

They are delicious cut in half and toasted but the tomato and basil bagel is very good served with scrambled eggs. Perfect for Sunday Brunch!

Apple Cinnamon Bagels



INGREDIENTS

1/2 cup (56g) coconut flour
3 tablespoons (42g) butter, melted
1 egg
1/2 teaspoon baking powder
1 tablespoon (9g) psyllium husk powder
1/2 cup boiling water
1 apple
2 teaspoon ground cinnamon

Delicious cut in half and toasted!

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Peel, core and grate the apple.
3. Place the apple, 1 tablespoon of butter and 1 teaspoon of cinnamon in a saucepan and gently cook for 5 minutes until soft.
4. Using a hand whisk, mix the dry ingredients in a bowl and combine well.
5. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
6. Gently stir in the cooked apple mixture.
7. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough. Wait for the dough to cool slightly before using your hands to shape it.
8. Cut the dough into four equal quarters. Take one of the quarters and roll into about an 8 inch log.
9. Join the two edges to make into a bagel shape, pressing together firming.
10. Place on a parchment covered baking tray and place in the oven.
11. Bake for 15 minutes, then turn the bagels over and bake for a further 15 minutes.
12. Eat and enjoy!

Makes 4 Bagels

Nutritional Info - Per Bagel
207 Calories, 12g Fat, 4g Protein, 20g Carbs, 10g Fibre, 10g Net Carbs

Orange & Cinnamon Mini Bagels



INGREDIENTS

1/2 cup (56g) coconut flour
2 tablespoons (28g) butter, melted
2 tablespoons erythritol (25g) (or sugar substitute)
1 egg
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium husk powder
3/4 cup boiling water
1 teaspoon ground cinnamon
Rind of 1 orange
Juice of 1/2 orange

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Using a hand whisk, mix the coconut flour, psyllium powder, cinnamon, salt and baking powder in a bowl and combine well.
3. Add the butter, eggs, orange juice and rind and mix thoroughly until the mixture looks like breadcrumbs.
4. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough. Wait for the dough to cool slightly before using your hands to shape it.
5. Cut the dough into eight pieces. Take one of the pieces and roll into about an 6 inch log.
6. Join the two edges to make into a bagel shape, pressing together firming.
7. Place on a parchment covered baking tray and place in the oven.
8. Bake for 15 minutes, then turn the bagels over and bake for a further 15 minutes.
9. Eat and enjoy!

Bite sized bagels for a snack

Makes 8 Mini Bagels

Nutritional Info - Per Bagel
83 Calories, 5g Fat, 2g Protein, 8g Carbs, 5g Fibre,
3g Net Carbs

Sunflower & Chia Seeds Bagels



INGREDIENTS

1/2 cup (56g) coconut flour
2 tablespoons (28g) butter, melted
1 egg
1/2 teaspoon baking powder
1 tablespoon (9g) psyllium husk powder
1 cup boiling water
1 tablespoon (10g) chia seeds
2 tablespoons (30g) pumpkin seeds

The seeds give a lovely crunch to this bagel.

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Using a hand whisk, mix the coconut flour, psyllium husk powder and baking powder in a bowl and combine well.
3. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
4. Add the chia and pumpkin seeds and gently combine into the dough mixture, using a spoon.
5. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough. Wait for the dough to cool slightly before using your hands to shape it.
6. Cut the dough into four equal quarters. Take one of the quarters and roll into about an 8 inch long log.
7. Join the two edges of the log together to make into a bagel shape, pressing firming.
8. Place on a parchment covered baking tray and place in the oven.
9. Bake for 15 minutes, then turn the bagels over and bake for a further 15 minutes.
10. Eat and enjoy!

Makes 4 Bagels

Nutritional Info - Per Bagel
209 Calories, 13g Fat, 7g Protein, 16g Carbs, 10g Fibre, 6g Net Carbs

Tomato & Basil Bagels



INGREDIENTS

1/2 cup (56g) coconut flour
2 tablespoons (28g) butter, melted
1 egg
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon (9g) psyllium husk powder
3/4 cup boiling water
1/2 cup Marinara sauce (low carb)
2 tablespoons fresh basil, chopped

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Using a hand whisk, mix the coconut flour, baking powder, salt, pepper and psyllium powder in a bowl and combine well.
3. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
4. Add the Marinara sauce and basil and combine well.
5. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough. Wait for the dough to cool slightly before using your hands to shape it.
6. Cut the dough into four equal quarters. Take one of the quarters and roll into about an 8 inch log.
7. Join the two edges to make into a bagel shape, pressing together firming.
8. Place on a parchment covered baking tray and place in the oven.
9. Bake for 15 minutes, then turn the bagels over and bake for a further 15 minutes.
10. Eat and enjoy!

Makes 4 Bagels

Nutritional Info - Per Bagel
176 Calories, 10g Fat, 5g Protein, 16g Carbs, 9g Fibre, 7g Net Carbs

CHAPTER 2

BREADSTICKS

One breadstick recipe – four ways!

A great starter, side or snack. Savoury, stuffed or sweet; there's something for everyone!



Caramelized Onion & Rosemary Breadsticks



INGREDIENTS

1/2 cup (56g) coconut flour
2 tablespoons (28g) butter, melted
1 egg
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon (9g) psyllium husk powder
1 cup boiling water
1 onion, thinly sliced
2 tablespoons olive oil
2 tablespoons fresh rosemary, chopped

METHOD

1. Heat the olive oil in a frying pan on a low heat and gently cook the onion until soft and golden and stir regularly. This should take about 30 minutes.
2. Pre-heat the oven to 200C/400F degrees.
3. Mix the dry ingredients in a bowl and combine well.
4. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
5. Add the onion and fresh rosemary to the mixture and combine well.
6. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough.
7. Cut the dough into eight pieces. Take one of the pieces and roll out into a 6 inch log.
8. Place the breadsticks on a parchment paper lined baking tray.
9. Bake for 20 minutes, turning over after 10 minutes.
10. Eat and enjoy!

Sweet onion and rosemary make a great couple!

Makes 8 Breadsticks

Nutritional Info - Per Breadstick
116 Calories, 8g Fat, 2g Protein, 8g Carbs, 5g Fibre,
3g Net Carbs

Cinnamon Breadsticks



INGREDIENTS

1/2 cup (56g) coconut flour
4 tablespoons (56g) butter, melted
1 egg
2 teaspoon vanilla essence
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium ground powder
1 cup boiling water
4 tablespoons cup erythritol (50g) (or sugar substitute)
2 teaspoons ground cinnamon
2oz (56g) cream cheese, softened
1 teaspoon ground erythritol (or sugar substitute)
1 teaspoon water

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Mix the coconut flour, baking powder, salt and psyllium powder in a bowl and combine well.
3. Add 2 tablespoons butter, vanilla essence, 2 tablespoons erythritol and the eggs. Mix thoroughly until the mixture looks like breadcrumbs.
4. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough.
5. Cut the dough into eight pieces. Take one of the pieces and roll out into a 6 inch log.
6. Mix 2 tablespoons erythritol, 2 tablespoons butter and 2 teaspoons ground cinnamon in a bowl.
7. Dip the breadsticks into the butter mixture and coat well on both sides.
8. Place the breadsticks on a parchment paper lined baking tray.
9. Bake for 25 minutes, turning over after 12 minutes.
10. Remove from the oven and allow to cool.
11. Blend the cream cheese, ground erythritol together with the water, adding any more if necessary for the topping. Drizzle this over the breadsticks.
12. Eat and enjoy!

Makes 8 Breadsticks

Nutritional Info - Per Breadstick

124 Calories, 9g Fat, 1g Protein, 8g Carbs, 3g Fibre,
3g Net Carbs

Garlic & Cheese Breadstick Twists



INGREDIENTS

1/2 cup (56g) coconut flour
2 tablespoons (28g) butter, melted
1 egg
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1 tablespoon (9g) psyllium husk powder
1 cup boiling water
2 garlic cloves, peeled and chopped
1 tablespoon butter, softened
1/4 cup (28g) grated Mozzarella

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Mix the dry ingredients in a bowl and combine well.
3. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
4. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough.
5. Cut the dough into sixteen pieces. Take one of the pieces and roll out into a 6 inch thin log.
6. Take two breadsticks and press the tops together. Gently twist the two pieces together and join them together at the bottom.
7. Place the breadsticks side by side on a parchment paper lined baking tray.
8. Bake for 10 minutes, remove from the oven, turn the breadsticks over and sprinkle them with the garlic, butter and Mozzarella. Put back into the oven and bake for a further 10 minutes.
9. Eat and enjoy!

I like my garlic to be chunky, you may want to chop yours smaller!

Makes 8 Breadsticks

Nutritional Info - Per Breadstick
106 Calories, 7g Fat, 3g Protein, 8g Carbs, 4g Fibre,
4g Net Carbs

Mozzarella Stuffed Breadsticks



INGREDIENTS

- 1/2 cup (56g) coconut flour
- 2 tablespoons (28g) butter, melted
- 1 egg
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 tablespoon (9g) psyllium husk powder
- 1 cup boiling water
- 6 6 inch long strips of Mozzarella

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Mix the dry ingredients in a bowl and combine well.
3. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
4. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough.
5. Cut the dough into eight pieces. Take one of the pieces and roll into a ball. Place this on a strip of parchment paper. Place another strip of parchment paper over the dough ball and roll out into a rectangle about 8 x 4 inches.
6. Place a Mozzarella strip in the centre of the rolled dough and cover it with the dough like a parcel wrapping! Make sure all the edges are sealed.
7. Place the breadsticks on a parchment paper lined baking tray.
8. Bake for 20 minutes, turning over after 10 minutes.
9. Eat and enjoy!

These are great served with a side
of Marinara sauce.

Makes 8 Breadsticks

Nutritional Info - Per Breadstick
152 Calories, 10g Fat, 7g Protein, 8g Carbs, 4g Fibre, 4g Net Carbs

CHAPTER 3

BROWNIES



Despite coconut flour needing a lot of liquid, you can still bake a moist brownie with it.

Chocolate Beetroot Brownies



INGREDIENTS

3 eggs
1/2 cup coconut flour
1/2 cup cocoa powder (unsweetened it goes without saying!)
1 1/2 cups of cooked and grated beetroot
1/2 cup melted butter
1/2 cup erythritol (or sugar substitute)
1/4 cup coconut milk
1 tablespoon vanilla essence
1 teaspoon ground allspice
1 teaspoon ground cinnamon
1 teaspoon baking powder
1/2 teaspoon salt

METHOD

1. Pre-heat the oven to 180C/350F degrees.
2. Whisk the eggs until fluffy, then add the coconut milk and mix well.
3. Add the butter and vanilla essence and beat well.
4. Mix the dry ingredients in a separate bowl (the coconut flour, the cocoa powder, seasonings and baking powder).
5. Add the beetroot to the egg mixture and stir well.
6. Add the dry ingredients to the beetroot mixture and mix thoroughly.
7. Pour into a greaseproof lined baking tray and bake for 25-30 minutes.
8. Eat and enjoy!

When handling the beetroot, wear gloves as it will stain your hands.

Makes 9 Brownies

Nutritional Info - Per Brownie
153 Calories, 12g Fat, 3g Protein, 7g Carbs, 2g Fibre, 5g Net Carbs

Chocolate & Coffee Brownies



INGREDIENTS

1/4 cup coconut flour
1/4 cup ground chia seed
4 eggs
1/4 cup cocoa powder (unsweetened)
1/4 cup strong brewed coffee
1/2 cup erythritol (or sugar substitute)
1/2 cup butter, melted
3oz chocolate (I used dark, high cocoa solids)
1/2 teaspoon salt
1/2 teaspoon baking soda
Additional chocolate (if required) – about 6 squares

METHOD

1. Pre-heat the oven to 180C/350F degrees.
2. Place the butter and chocolate in a bowl over simmering water. Stir gently as it melts. Remove from the heat.
3. Whisk the eggs and erythritol in a bowl until blended and light in colour.
4. Add the melted chocolate mixture and whisk until blended.
5. Add the remaining ingredients and whisk until the mixture is smooth.
6. Place the mixture into a greased cake/brownie tin. For extra chocolatey brownies, break up a few squares of chocolate and poke into the mixture (Purely optional – you could add nuts too).
7. Bake for 18-20 minutes.
8. Eat and enjoy!

The brownies are delicious warm out of the oven, but better the next day, if you can wait!

Makes 9 Brownies

Nutritional Info - Per Brownie
221 Calories, 19g Fat, 5g Protein, 9g Carbs, 5g Fibre, 4g Net Carbs

Chocolate Orange Brownies



INGREDIENTS

1 large orange
1/2 cup coconut flour
1/2 cup cocoa powder
4 eggs
1/2 cup erythritol (or sugar substitute)
1/3 cup melted butter
2 teaspoon vanilla essence
1/2 teaspoon salt
1/2 teaspoon baking soda

METHOD

1. Place the orange in a saucepan and cover with water. Bring to the boil, then simmer for 1 hour with a lid on.
2. Remove the orange from the pan and let cool. Once cool, place in a food processor or blender and blitz until smooth.
3. Pre-heat the oven to 350F/180C degrees.
4. Line and grease a baking tin (I use a 8 inch square tin).
5. In a bowl, place the melted butter, vanilla and eggs and mix well.
6. Add the orange mixture and blend until smooth.
7. Add the dry ingredients, one at a time into the orange mixture and blend well.
8. Pour the mixture into the baking tin, place in the oven and bake for 25 minutes.

The smell of the orange cooking is aromatic!

Makes 9 Brownies

Nutritional Info - Per Brownie
162 Calories, 11g Fat, 5g Protein, 12g Carbs, 4g Fibre, 8g Net Carbs

Chocolate & Raspberry Brownies



METHOD

1. Preheat the oven to 180C/350F degrees.
2. Line a 8 inch brownie tin with parchment paper.
3. Melt the butter and chocolate in a bowl placed over a saucepan on simmering water.
4. Place the dry ingredients in a bowl and mix well.
5. Pour the melted chocolate mixture into the dry ingredients and add the cream cheese and eggs. Combine well (I use a hand whisk).
6. Gently fold in the raspberries.
7. Bake for 30 to 35 minutes until firm.
8. Eat and enjoy!

INGREDIENTS

1/2 cup (56g) coconut flour
1/4 cup (22g) cocoa powder
1/2 cup (114g) butter
1/2 cup (100g) erythritol
4 eggs
4oz (100g) dark chocolate
1/2 teaspoon salt
1/2 teaspoon baking powder
4oz cream cheese
6oz (170g) raspberries

These are best served the next day.
Store in the fridge.

Makes 9 Brownies

Nutritional Info - Per Brownie
230 Calories, 17g Fat, 6g Protein, 14g Carbs, 6g Fibre, 8g Net Carbs



CHAPTER 4

CUPCAKES



**One cupcake recipe – four
different ways!**

Apple Flower Cinnamon Cupcakes



INGREDIENTS

1/4 cup (28g) coconut flour
1/4 cup (56g) butter, melted
3 eggs
1/4 cup erythritol (52g) or sugar substitute
3 tablespoon coconut milk
1/2 teaspoon baking powder
1 teaspoon vanilla essence
1 teaspoon ground cinnamon
1/4 teaspoon salt
1 red apple
Juice of half a lemon
3 tablespoons water

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Blend the butter, eggs, erythritol, vanilla essence and coconut milk.
3. Add the coconut flour, baking powder, salt and cinnamon and whisk until the batter is smooth
4. Pour the batter into cupcake cups.
5. Slice the apple into quarter and remove the pips and core.
6. Thinly slice the apple and place in a bowl with the lemon and water.
7. Cook the apple slices in a microwave for 3 minutes.
8. Gently place the apple slices into the cupcake batter with the peeled edge on the top. Start on the outside and place the slices inside each other to produce a rose effect.
9. Bake for 20-23 minutes until firm.
10. Eat and enjoy!

These look elegant and complicated but are easy to make.

Makes 6 cupcakes

Nutritional Info - Per Cupcake
153 Calories, 12g Fat, 4g Protein, 8g Carbs, 3g Fibre, 5g Net Carbs

Chocolate & Peanut Butter Cupcake



METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Blend the butter, eggs, erythritol, vanilla essence and coconut milk.
3. Add the coconut flour, cocoa powder, baking powder and salt. Whisk until the batter is smooth
4. Pour the batter into cupcake cups.
5. Gently place a teaspoon of the peanut butter into the middle of the cupcake mixture. Smooth any chocolate batter over the top of the peanut butter.
6. Bake for 20 minutes until firm.
7. Eat and enjoy!

INGREDIENTS

1/4 cup (28g) coconut flour
1/4 cup (56g) butter, melted
1/4 cup (22g) cocoa powder
3 eggs
1/4 cup erythritol (28g) or sugar substitute
3 tablespoon coconut milk
1/2 teaspoon baking powder
1 teaspoon vanilla essence
1/4 teaspoon salt
6 teaspoons peanut butter

My cupcake version of Reece's Pieces.

Makes 6 Cupcakes

Nutritional Info - Per Cupcake
244 Calories, 21g Fat, 9g Protein, 9g Carbs, 4g Fibre, 5g Net Carbs

Strawberry & Chocolate Chip Cupcake



METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Blend the butter, eggs, erythritol, vanilla essence and coconut milk.
3. Add the coconut flour, baking powder and salt. Whisk until the batter is smooth
4. Chop the strawberries and add to the batter, along with the chocolate chips. Fold in gently.
5. Pour the batter into cupcake cups or a greased muffin tin.
6. Bake for 20 minutes until firm.
7. Eat and enjoy!

INGREDIENTS

1/4 cup (28g) coconut flour
1/4 cup (56g) butter, melted
3 eggs
1/4 cup erythritol (52g) or sugar substitute
3 tablespoon coconut milk
1/2 teaspoon baking powder
1 teaspoon vanilla essence
1/4 teaspoon salt
4 strawberries
1/4 cup (56g) chocolate chips

Berries and chocolate! One of my favourite flavour combinations.

Makes 6 Cupcakes

Nutritional Info - Per Cupcake
198 Calories, 16g Fat, 5g Protein, 9g Carbs, 4g Fibre, 5g Net Carbs

Strawberry & Cream Cupcakes



METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Blend the butter, eggs, erythritol, vanilla essence and coconut milk.
3. Add the coconut flour, baking powder and salt. Whisk until the batter is smooth
4. Pour the batter into cupcake cups.
5. Bake for 20 minutes until firm.
6. Remove from the oven and allow to cool.
7. Cut a small hole out of the middle of each cupcake.
8. Place a strawberry, upright into the hole.
9. Whip the cream and cover the strawberry with it.
10. Eat and enjoy!

INGREDIENTS

1/4 cup (28g) coconut flour
1/4 cup (56g) butter, melted
3 eggs
1/4 cup erythritol (52g) or sugar substitute
3 tablespoon coconut milk
1/2 teaspoon baking powder
1 teaspoon vanilla essence
1/4 teaspoon salt
6 strawberries
1/4 cup (30g) whipping cream

A strawberry surprise in each cupcake.
Perfect for a summer tea party.

Makes 6 Cupcakes

Nutritional Info - Per Cupcake
160 calories, 14g Fat, 4g Protein, 5g Carbs, 3g Fibre, 2g Net Carbs



CHAPTER 5

DONUTS



I use a donut tin to bake a healthier donut. One of my best kitchen purchases to date!

Chocolate & Cinnamon Donut



METHOD

1. Pre-heat the oven to 180C/350F degrees.
2. Mix together the coconut flour, erythritol, cocoa powder, cinnamon, baking soda and salt.
3. Add the eggs, coconut oil, coconut milk and vanilla essence and blend until you have no lumps.
4. Fill into the greased donut tin up to 2/3 full with the batter and bake for 20 minutes until firm.
5. Remove from the oven and allow to cool.
6. Eat and enjoy!

INGREDIENTS

1/2 cup (56g) coconut flour
6 eggs
1/4 cup erythritol (52g) or sugar substitute
1/4 cup (22g) cocoa powder
1/4 cup (56g) coconut milk
1/2 cup (109g) coconut oil
1/2 teaspoon baking soda
1 teaspoon vanilla essence
1/4 teaspoon salt
1 teaspoon ground cinnamon

I love my hot chocolate sprinkled with cinnamon, so in this recipe put them together in donut form.

Makes 6 Donuts

Nutritional Info - Per Donut
305 Calories, 27g Fat, 8g Protein, 11g Carbs, 6g Fibre, 5g Net Carbs

Chocolate & Coconut Donut



METHOD

1. Pre-heat the oven to 180C/350F degrees.
2. Mix together the coconut flour, erythritol, cocoa powder, baking soda and salt.
3. Add the eggs, coconut oil, coconut milk and vanilla essence and blend until you have no lumps.
4. Fill into the greased donut tin up to 2/3 full with the batter and bake for 20 minutes until firm.
5. Remove from the oven and allow to cool.
6. Dip into the coconut oil, then into the coconut.
7. Eat and enjoy!

INGREDIENTS

1/2 cup (56g) coconut flour

6 eggs

1/4 cup erythritol (52g) or sugar substitute

1/4 cup (22g) cocoa powder

1/4 cup (56g) coconut milk

1/2 cup (109g) coconut oil

1/2 teaspoon baking soda

1 teaspoon vanilla essence

1/4 teaspoon salt

Topping

2 tablespoons coconut oil

3 tablespoons unsweetened grated coconut

Makes 6 Donuts

Nutritional Info - Per Donut

340 Calories, 30g Fat, 9g Protein, 12g Carbs, 7g Fibre, 5g Net Carbs

Pear & Ginger Donut



METHOD

1. Pre-heat the oven to 180C/350F degrees.
2. Mix together the coconut flour, erythritol, ginger, baking soda and salt.
3. Add the eggs, coconut oil, coconut milk and vanilla essence and blend until you have no lumps.
4. Gently stir in the grated pear.
5. Fill into the greased donut tin up to 2/3 full with the batter and bake for 20 minutes until firm.
6. Eat and enjoy!

INGREDIENTS

1/2 cup (56g) coconut flour
6 eggs
1/4 cup erythritol (52g) or sugar substitute
1/4 cup (22g) cocoa powder
1/4 cup (56g) coconut milk
1/2 cup (109g) coconut oil
1/2 teaspoon baking soda
1 teaspoon vanilla essence
1/4 teaspoon salt
1 teaspoon ground ginger
1 pear, cored and grated

The pear gives the donut a moist texture. You could add fresh ginger too for extra zing!

Makes 6 Donuts

Nutritional Info - Per Donut
312 Calories, 26g Fat, 8g Protein, 12g Carbs, 6g Fibre, 6g Net Carbs

Vanilla & Coconut Frosted Donut



INGREDIENTS

1/2 cup (56g) coconut flour

6 eggs

1/4 cup erythritol (52g) or sugar substitute

1/4 cup (56g) coconut milk

1/2 cup (109g) coconut oil

1/2 teaspoon baking soda

1 tablespoon vanilla essence

1/4 teaspoon salt

Frosting

1/4 cup butter, softened

1/4 cup powdered erythritol (28g) or sugar substitute

1/4 (56g) cup coconut milk

1 teaspoon vanilla essence

1/4 cup (15g) unsweetened grated coconut

METHOD

1. Pre-heat the oven to 180C/350F degrees.
2. Mix together the coconut flour, erythritol, baking soda and salt.
3. Add the eggs, coconut oil, coconut milk and vanilla essence and blend until you have no lumps.
4. Gently stir in the grated pear.
5. Fill into the greased donut tin up to 2/3 full with the batter and bake for 20 minutes until firm.
6. Remove from the oven and allow to cool.
7. To prepare the frosting, beat the butter with the ground erythritol until fully blended.
8. Mix in the coconut milk and vanilla. Beat until smooth (I used my hand blender to get rid of some lumps).
9. Spread over the donuts, then dip into the grated coconut (which I placed on a plate for dipping).
10. Eat and enjoy!

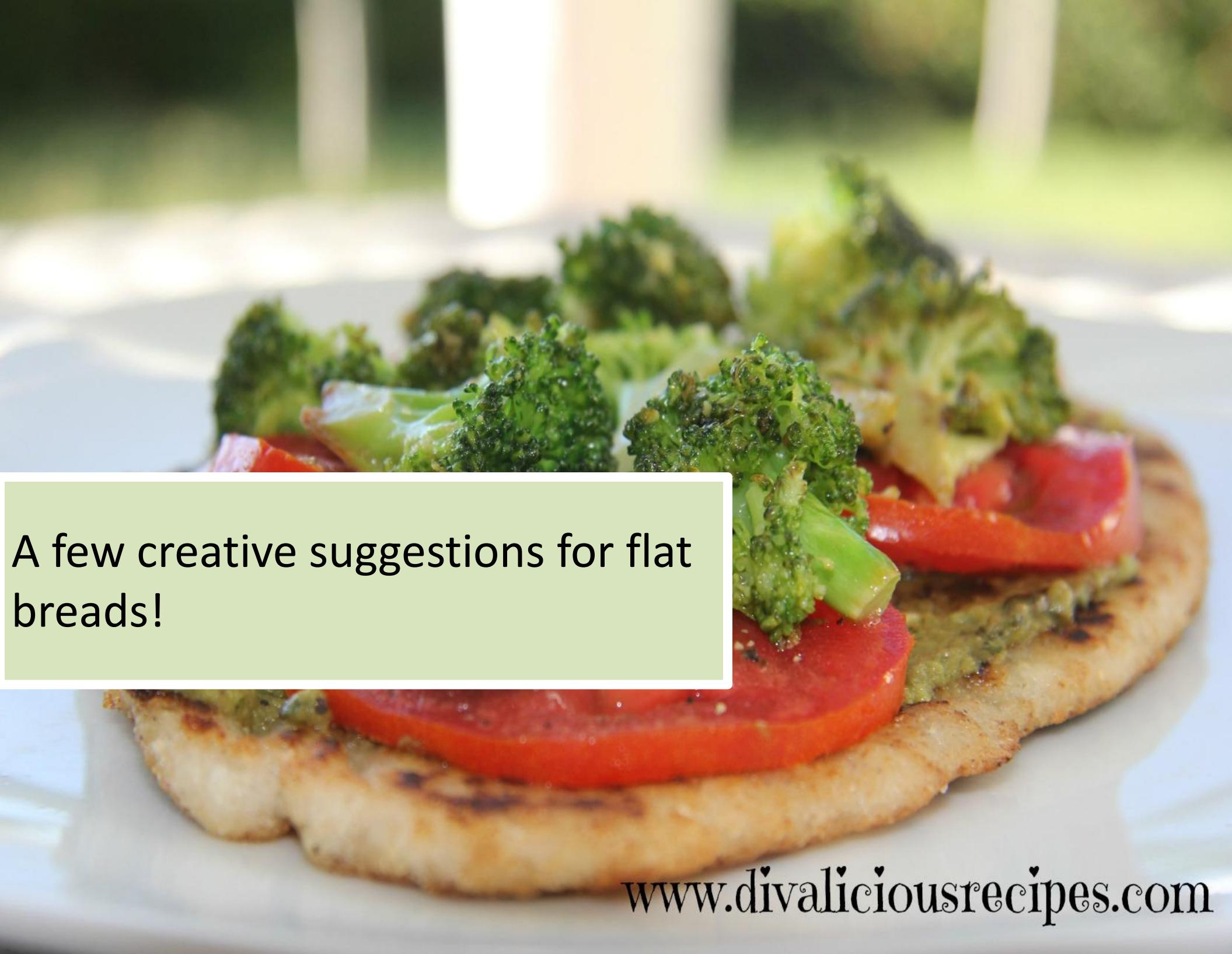
Makes 6 Donuts

Nutritional Info - Per Donut

381 Calories, 37g Fat, 4g Protein, 10g Carbs, 6g Fibre, 4g Net Carbs

CHAPTER 6

FLATBREADS



A few creative suggestions for flat breads!

Garlic & Coriander Naan Bread



INGREDIENTS

1/4 cup (28g) coconut flour
2 tablespoons (20g) coconut oil
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium husk powder
1/4 teaspoon garlic powder
1/2 cup boiling water
2 tablespoons (28g) butter
2 cloves garlic, peeled and chopped
4 tablespoons fresh coriander, chopped

METHOD

1. Mix the coconut flour, baking powder, salt, psyllium powder and garlic powder in a bowl with a whisk.
2. Add the oil and 2 tablespoons of the chopped coriander and blend well.
3. Stir in the boiling water, half at a time, and blend until a dough like mixture forms.
4. Wait for the dough to cool slightly before using your hands to shape it.
5. Cut the dough into 4 quarters. Take one piece and shape into a ball. Roll the ball between 2 sheets of parchment paper and flatten out.
6. Dry fry in a pan on a high heat for 2-3 minutes each side until golden.
7. Heat the butter in a saucepan on a medium heat and add the garlic. Cook until slightly golden.
8. Stir in the remaining coriander, then pour over the naan breads.
9. Eat and enjoy!

Although I prefer to dry fry these breads, you could add oil to the pan to cook them.

Makes 4 Naans

Nutritional Info - Per Bread
147 Calories, 12g Fat, 2g Protein, 8g Carbs, 5g Fibre, 3g Net Carbs

Low Carb Wrap



METHOD

1. Mix the coconut flour, baking powder, salt and psyllium powder in a bowl with a whisk.
2. Add the butter and blend well.
3. Stir in the boiling water, half at a time, and blend until a dough like mixture forms.
4. Wait for the dough to cool slightly before using your hands to shape it.
5. Cut the dough into 4 quarters. Take one piece and shape into a ball. Roll the ball between 2 sheets of parchment paper and flatten out.
6. Use a saucepan lid to cut out a circle of the dough.
7. Dry fry in a pan on a high heat for 2-3 minutes each side until golden. (You can use oil if you wish)
8. Eat and enjoy!

INGREDIENTS

1/2 cup (56g) coconut flour
4 tablespoons (40g) melted butter
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium husk powder
1 cup boiling water

Spice up the wraps with some chilli or cayenne powder!

Makes 4 Wraps

Nutritional Info - Per Wrap
309 Calories, 28g Fat, 3g Protein, 13g Carbs, 9g Fibre, 4g Net Carbs

Breakfast Quesadilla



INGREDIENTS

1/4 cup (28g) coconut flour
2 tablespoons (20g) coconut oil
1 egg
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium husk powder
1/2 cup boiling water

Filling

1 onion, peeled and chopped
2oz (56g) Cheddar Cheese, grated
1 jalapeno pepper, deseeded and chopped
1 tomato, chopped
3 eggs
2 tablespoons butter

METHOD

1. Mix the coconut flour, baking powder, salt and psyllium powder in a bowl with a whisk.
2. Add the coconut oil and one egg. Blend until the mixture looks like breadcrumbs.
3. Stir in the boiling water, half at a time, and blend until a dough like mixture forms.
4. Wait for the dough to cool slightly before using your hands to shape it.
5. Cut the dough into 4 quarters. Take one piece and shape into a ball. Roll the ball between 2 sheets of parchment paper and flatten out.
6. Use a saucepan lid to cut out a circle of the dough.
7. Dry fry in a pan on a high heat for 2-3 minutes each side until golden. (You can use oil to cook them if you wish).
8. Set aside and make the filling by melting the butter in a saucepan on a medium heat. Add the onion and jalapeno and cook for 3-5 minutes until soft.
9. Add the tomato and cook for a further 2 minutes.
10. Beat the eggs in a bowl and season to taste. Pour the egg mixture into the saucepan and stir until the eggs are cooked through.
11. Return one of the breads into the frying pan, and sprinkle with cheese, and half of the egg mixture. Sprinkle cheese on top, then place another bread on top of the mixture. Cook gently for about 2 minutes, until the cheese has slightly melted.
12. Eat and enjoy a hearty breakfast!

Makes 2 Quesadillas

Nutritional Info - Per Quesadilla
581 Calories, 46g Fat, 22g Protein, 22g Carbs, 12g Fibre, 10g Net Carbs

Broccoli, Avocado & Tomato Flatbread



INGREDIENTS

1/2 cup (56g) coconut flour
4 tablespoons (40g) melted butter
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium husk powder
1 cup boiling water
1 Avocado
2 tablespoons olive oil
1 clove garlic, peeled and chopped
3 tomatoes, sliced
1 cup (150g) broccoli florets
Juice of 1 lemon

METHOD

1. Mix the coconut flour, baking powder, salt and psyllium powder in a bowl with a whisk.
2. Add the butter and blend well.
3. Stir in the boiling water, half at a time, and blend until a dough like mixture forms.
4. Wait for the dough to cool slightly before using your hands to shape it.
5. Cut the dough into 4 quarters. Take one piece and shape into a ball. Roll the ball between 2 sheets of parchment paper and flatten out.
6. Dry fry in a pan on a high heat for 2-3 minutes each side until golden. (You can use oil if you wish)
7. Place the avocado in a blender and add the garlic. Blitz until smooth and season to taste.
8. Spread the avocado mixture over the flatbreads, place the tomatoes on top, then the broccoli. Sprinkle with the lemon juice
9. Eat and enjoy!

A colourful and tasty lunch perfect for summer!

Makes 4 Flatbreads

Nutritional Info - Per Flatbread
338 Calories, 26g Fat, 5g Protein, 22g Carbs, 13g Fibre, 9g Net Carbs



CHAPTER 7

PANCAKES



Three sweet and one savoury pancakes.

Coconut Flour Pancakes



METHOD

1. Whisk the eggs until frothy, then add the coconut milk, vanilla and sugar substitute . Mix thoroughly.
2. Combine the dry ingredients, then add to the egg mixture. Whisk until smooth.
3. Heat a frying pan with the butter/oil and ladle a few tablespoons of batter into the pan.
4. Cook each side until golden brown.
5. Slather with your topping of choice (keeping it low carb!).
6. Eat and enjoy!

INGREDIENTS

4 eggs
1 cup coconut milk
1 tablespoon Erythritol (or sugar substitute)
2 teaspoon vanilla essence
1 teaspoon cinnamon
1/2 cup (56g) coconut flour
1 teaspoon baking soda
1/2 teaspoon salt
Butter for frying (or coconut oil)

This mixture makes 4 large thick pancakes. Spoon smaller amounts in the pan for tinier pancakes.

Makes 4 Pancakes

Nutritional Info - Per Pancake
315 Calories, 26g Fat, 9g Protein, 13g Carbs, 7g Fibre, 6g Net Carbs

Coconut, Chia & Lime Pancakes



METHOD

1. Whisk the eggs until frothy, then add the coconut milk, lime juice and rind and mix well.
2. Combine the dry ingredients and add to the egg mixture. Whisk until smooth.
3. Heat a frying pan with the butter/oil and spoon a few tablespoons of batter into the pan.
4. Cook on each side until golden brown. When bubbles are coming through the batter, that's the time to flip them over.
5. Eat and enjoy!

INGREDIENTS

1/4 cup (40g) chia seeds
4 eggs
1/2 cup desiccated coconut (46g) (unsweetened)
1/4 cup erythritol (or sugar substitute)
1 cup coconut milk
1/2 cup (56g) coconut flour
1 teaspoon baking soda
1/2 teaspoon salt
2 teaspoon vanilla essence
Juice and grated rind of one lime
Butter/coconut oil for frying

I love the flavour combination of coconut and lime, and in pancake form, what's not to love!

Makes 4-6 Pancakes

Nutritional Info - Per Pancake
230 Calories, 19g Fat, 7g Protein, 11g Carbs, 6g Fibre, 5g Net Carbs

Red Velvet Pancakes



METHOD

1. Whisk the eggs until frothy. Then add the coconut milk and beat well.
2. Add the remaining ingredients except for the coconut oil and mix into a batter.
3. Heat the coconut oil in a frying pan on a medium heat.
4. Ladle small amounts of batter into the pan and cook until bubbles appear. Then flip over the pancake and cook on the other side until firm.
5. Eat and enjoy!

INGREDIENTS

4 eggs
1 cup (226g) coconut milk
2 tablespoons Erythritol (or sugar substitute)
1 teaspoon vanilla essence
1 teaspoon red food colour
1 tablespoon (5g) cocoa powder
1/2 cup (56g) coconut flour
1 teaspoon baking soda
1/2 teaspoon salt
2 tablespoons (28g) coconut oil

Nothing says romance more than a pile of red pancakes for breakfast!

Makes 4 large Pancakes

Nutritional Info - Per Pancake
322 Calories, 26g Fat, 10g Protein, 14g Carbs, 7g Fibre, 7g Net Carbs

Spinach & Chia Pancakes



METHOD

1. Whisk the eggs until frothy, then add the coconut milk and mix well.
2. Combine the dry ingredients and add to the egg mixture. Whisk until smooth.
3. Add the spinach and blend well.
4. Heat a frying pan with the butter/oil and spoon a few tablespoons of batter into the pan.
5. Cook on each side until golden brown. When bubbles are coming through the batter, that's the time to flip them over.
6. Eat and enjoy!

INGREDIENTS

1 cup (30g) spinach, finely chopped
1/4 cup (56g) chia seeds
4 eggs
1 cup (226g) coconut milk
1/2 cup (56g) coconut flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon ground nutmeg
Butter/coconut oil for frying

For those with a savoury tooth, this is a pancake for you!

Makes 6 Pancakes

Nutritional Info - Per Pancake
275 Calories, 18g Fat, 10g Protein, 20g Carbs, 13g Fibre, 7g Net Carbs



CHAPTER 8

PINWHEELS





I loved making these pinwheels so much I gave them their own category. They are great as a starter, snack or fun surprise in a lunch box!

Cream Cheese and Jalapeno Pinwheels



INGREDIENTS

1/2 cup (56g) coconut flour
2 tablespoons (28g) butter, melted
1 egg
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium husk powder
1 cup boiling water
2 jalapeno peppers, finely chopped
2oz (56g) cream cheese (softened at room temperature)

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Mix the dry ingredients in a bowl and combine well.
3. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
4. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough.
5. Cut the dough into four. Take one of the quarters and roll into a ball. Place this on a strip of parchment paper. Place another strip of parchment paper over the dough ball and roll out into a rectangle about 8 x 4 inches.
6. Trim any edges (just to make it a bit neater) and spread the cream cheese over the strip. Sprinkle the chopped jalapeno over the cream cheese.
7. Using the parchment paper base, take one end and roll up the dough like a Swiss roll, keeping it fairly tight.
8. Cut the dough into half, then half again. This will make your pinwheel shape.
9. Place the pinwheel face down on a parchment paper lined baking tray.
10. Bake for 20 minutes, turning over after 10 minutes.
11. Eat and enjoy!

Makes 16 Pinwheels

Nutritional Info - Per Pinwheel
49 Calories, 3g Fat, 1g Protein, 4g Carbs, 2g Fibre,
2g Net Carbs

Feta & Olive Pinwheels



INGREDIENTS

1/2 cup (56g) coconut flour
2 tablespoons (28g) butter, melted
1 egg
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium husk powder
1 cup boiling water
1 tablespoon (5g) dried basil
10 black olives, stone removed, chopped
1/3 cup (50g) Feta cheese, crumbled.

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Mix the dry ingredients in a bowl and combine well.
3. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
4. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough.
5. Cut the dough into four. Take one of the quarters and roll into a ball. Place this on a strip of parchment paper. Place another strip of parchment paper over the dough ball and roll out into a rectangle about 8 x 4 inches.
6. Trim any edges (just to make it a bit neater) and sprinkle the Feta cheese and olives on top.
7. Using the parchment paper base, take one end and roll up the dough like a Swiss roll, keeping it fairly tight.
8. Cut the dough into half, then half again. This will make your pinwheel shape.
9. Place the pinwheel face down on a parchment paper lined baking tray.
10. Bake for 20 minutes, turning over after 10 minutes.
11. Eat and enjoy!

Makes 16 Pinwheels

Nutritional Info - Per Pinwheel

51 Calories, 3g Fat, 2g Protein, 4g Carbs, 2g Fibre,
2g Net Carbs

Broccoli & Cheese Pinwheels



INGREDIENTS

1/2 cup (56g) coconut flour
2 tablespoons (28g) butter, melted
1 egg
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium husk powder
1 cup boiling water
1/2 cup (78g) cooked broccoli florets
1/2 cup grated Cheddar cheese
1/2 teaspoon Dijon mustard

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Mix the dry ingredients in a bowl and combine well.
3. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
4. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough.
5. Cut the dough into four. Take one of the quarters and roll into a ball. Place this on a strip of parchment paper. Place another strip of parchment paper over the dough ball and roll out into a rectangle about 8 x 4 inches.
6. In a bowl, mix the broccoli, Cheddar cheese and mustard together, mashing gently with a fork.
7. Spread the broccoli and cheese mixture over the dough pieces.
8. Using the parchment paper base, take one end and roll up the dough like a Swiss roll, keeping it fairly tight.
9. Cut the dough into half, then half again. This will make your pinwheel shape.
10. Place the pinwheel face down on a parchment paper lined baking tray.
11. Bake for 20 minutes, turning over after 10 minutes.
12. Eat and enjoy!

Makes 16 Pinwheels

Nutritional Info - Per Pinwheel
56 Calories, 4g Fat, 2g Protein, 4g Carbs, 2g Fibre,
2g Net Carbs

Pizza Pinwheels



INGREDIENTS

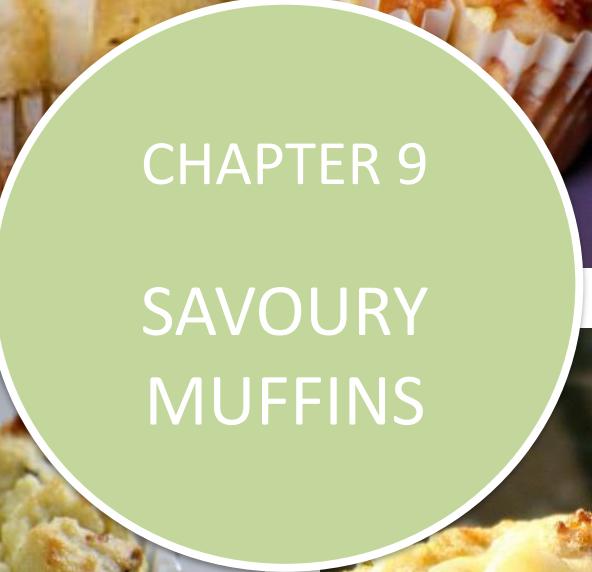
1/2 cup (56g) coconut flour
2 tablespoons (28g) butter, melted
1 egg
1 teaspoon dried Oregano
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium husk powder
1 cup boiling water
2oz (56g) Marinara sauce
2oz (56g) grated Mozzarella cheese

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Mix the dry ingredients in a bowl and combine well.
3. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
4. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough.
5. Cut the dough into four. Take one of the quarters and roll into a ball. Place this on a strip of parchment paper. Place another strip of parchment paper over the dough ball and roll out into a rectangle about 8 x 4 inches.
6. Trim any edges (just to make it a bit neater) and spread the Marinara sauce over the strip. Sprinkle the Mozzarella cheese over this.
7. Using the parchment paper base, take one end and roll up the dough like a Swiss roll, keeping it fairly tight.
8. Cut the dough into half, then half again. This will make your pinwheel shape.
9. Place the pinwheel face down on a parchment paper lined baking tray.
10. Bake for 20 minutes, turning over after 10 minutes.
11. Eat and enjoy!

Makes 16 Pinwheels

Nutritional Info - Per Pinwheel
52 Calories, 3g Fat, 2g Protein, 4g Carbs, 2g Fibre,
2g Net Carbs



CHAPTER 9

SAVOURY MUFFINS





A savoury muffin is great for breakfast. Cut one in half and have it with some eggs.
Try one in place of a bread roll with soup.

Cheese, Chive & Onion Muffins



METHOD

1. Preheat the oven to 200C/400F degrees.
2. Mix the eggs, butter, water and salt and combine well.
3. Add the coconut flour and baking soda and blend until smooth with no lumps.
4. Add the Parmesan, Cheddar Cheese, chives and spring onions and mix well. Season with the pepper to taste.
5. Line a muffin tin with muffin cups and spoon the mixture into them. Sprinkle on some grated cheese if you wish (either Parmesan or Cheddar works well)
6. Bake for 12-15 minutes until golden and firm.
7. Eat and enjoy!

INGREDIENTS

1/3 cup (37g) coconut flour
1/4 cup (56g) butter, melted
1/4 cup water
4 eggs
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon white pepper
1/4 cup (25g) grated Parmesan cheese
2 tablespoons fresh chives, chopped
1/3 cup (38g) grated Cheddar Cheese
3-4 spring onions, chopped

Bake a batch of muffins and put them in the freezer. Take one out before you go to work and by the time you get there, it should be defrosted and ready to eat. You are then set for the day!

Makes 6 Muffins

Nutritional Info - Per Muffin
190 Calories, 15g Fat, 8g Protein, 6g Carbs, 3g Fibre, 3g Net Carbs

Zucchini & Cheese Muffins



METHOD

1. Preheat the oven to 200C/400F degrees.
2. Combine the eggs, butter, water and salt with a hand blender.
3. Add the coconut flour and baking soda and mix well.
4. Add in the courgette (zucchini), thyme and oregano.
5. Add in the Parmesan cheese and blend.
6. Put the mixture into muffin cups and sprinkle the grated Cheddar cheese on top.
7. Bake for 13-15 minutes until golden on top and firm.
8. Eat and enjoy!

INGREDIENTS

1/3 cup (37g) coconut flour
1 ½ cups (186g) grated zucchini
1/4 cup (56g) butter, melted
1/4 cup water
4 eggs
1/2 teaspoon baking soda
1/4 teaspoon salt
1 tablespoon dried oregano
1 tablespoon dried thyme
1/4 cup (25g) grated Parmesan cheese
1/4 cup (38g) grated Cheddar Cheese

These are the first savoury muffins I baked and used to sell at a Farmers Market in Dubai. Ah, the memories...

Makes 6 Muffins

Nutritional Info - Per Muffin
227 Calories, 16g Fat, 10g Protein, 9g Carbs, 5g Fibre, 4g Net Carbs

Feta, Onion & Rosemary Muffins



METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Place 6 muffin cases in a muffin tin.
3. Add the 2 tablespoons of butter to a frying pan and gently sauté the onion until golden.
4. Add the eggs, water and melted butter to a bowl and mix thoroughly (I use a hand whisk)
5. Add the coconut flour, baking powder, salt and pepper. Mix until combined.
6. Gently add the cooked onion, Feta cheese and rosemary with a spoon to the mixture and combine well.
7. Spoon the mixture into the muffin cases.
8. Bake for 20 minutes until firm and golden.
9. Eat and enjoy!

INGREDIENTS

1/3 cup (37g) coconut flour
1/4 cup (56g) butter, melted
1/4 cup water
4 eggs
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon black pepper
1 onion, finely chopped
3/4 cup (100g) Feta cheese, crumbled
1 tablespoon fresh rosemary, chopped
2 tablespoon butter

Makes 6 Muffins

Nutritional Info - Per Muffin
204 Calories, 16g Fat, 8g Protein, 8g Carbs, 3g Fibre, 5g Net Carbs

Tomato, Basil & Parmesan Muffins



METHOD

1. Preheat the oven to 200C/400F degrees.
2. Mix the eggs, butter, water and salt and combine well.
3. Add the coconut flour and baking soda and blend until smooth with no lumps.
4. Add the grated Parmesan, tomatoes and basil and mix well. Season with the pepper to taste.
5. Line a muffin tin with muffin cups and spoon the mixture into them. Sprinkle on some grated cheese if you wish (either Parmesan or Cheddar works well)
6. Bake for 12-15 minutes until golden and firm.
7. Eat and enjoy!

INGREDIENTS

1/3 cup (37g) coconut flour
1/4 cup (56g) butter, melted
1/4 cup water
4 eggs
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup (25g) grated Parmesan cheese
1 cup (150g) cherry/small tomatoes
1/2 cup (6g) basil, roughly torn

Makes 6 Muffins

Nutritional Info - Per Muffin
203 Calories, 14g Fat, 8g Protein, 11g Carbs, 6g Fibre, 5g Net Carbs

CHAPTER 10

SNACKS & PIZZA



The pizza recipe slipped into this section as it's so good that I had to share it! Saving the best for last...

Cheese and Cayenne Biscuits



METHOD

1. Place all of the ingredients in a food processor and blitz until a dough forms.
2. Transfer the dough to a sheet of waxed paper and form into a log 1 1/2 inches in diameter. Roll log back and forth on counter to smooth the sides. Roll up tightly in waxed paper and refrigerate until firm, at least 30 minutes. The mixture will keep for several days too.
3. Preheat oven to 180C/350F degrees and line a baking sheet with parchment paper.
4. Cut the dough log into 1/4 inch slices and place on the baking sheet.
5. Bake for 30 minutes, turning over after 15 minutes.
6. Eat and enjoy!

INGREDIENTS

1/2 cup (56g) coconut flour
6 tablespoons butter, melted
1 egg
1/4 teaspoon salt
3/4 teaspoon cayenne pepper
1 ½ cups (170g) grated Cheddar cheese

Melt in your mouth biscuits. Try to stop at just one...

Makes 30 Biscuits

Nutritional Info - Per Biscuit
56 Calories, 5g Fat, 2g Protein, 2g Carbs, 1g Fibre,
1g Net Carbs

Garlic Cheese Crackers



INGREDIENTS

3 tablespoons (21g) coconut flour
2 tablespoons (28g) butter, soft
1/2 cup mozzarella (56g) cheese
1/4 cup cold water
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon dried oregano
1/8 teaspoon baking powder

METHOD

1. Preheat the oven to 200C/400F degrees.
2. Mix the coconut flour, salt, garlic, oregano and baking powder.
3. Mix in the butter and blend with your fingers (or you could throw it all in a food processor!)
4. Add the cheese and water until a dough forms.
5. Lay the dough out in between two sheets of parchment paper and roll out to about 1/4 inch thick (thinner if you want it crispier).
6. Cut into squares and poke with a fork.
7. Place the bottom sheet of parchment paper with the cracker biscuit on it, on a baking tray.
8. Bake for 13- 16 minutes until golden and firm.
9. Eat and enjoy!

Makes 9 Crackers

Nutritional Info - Per Cracker
56 Calories, 4g Fat, 2g Protein, 2g Carbs, 1g Fibre,
1g Net Carbs

Baked Tortilla Chips



INGREDIENTS

1/4 cup (28g) coconut flour
2 tablespoons (20g) coconut oil
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium husk powder
1/4 teaspoon garlic powder
1/2 teaspoon cayenne pepper
1/2 teaspoon paprika
1/2 cup boiling water

METHOD

1. Mix the dry ingredients in a bowl with a whisk.
2. Add the oil and blend well.
3. Stir in the boiling water, half at a time, and blend until a dough like mixture forms.
4. Wait for the dough to cool slightly before using your hands to shape it.
5. Cut the dough into 4 quarters. Take one piece and shape into a ball. Roll the ball between 2 sheets of parchment paper and flatten out.
6. Use a saucepan lid to cut out a circle of the dough.
7. Cut each circle into quarters, then half each quarter to make 8 chips.
8. Place the chips on a baking tray line with parchment paper.
9. Bake for 10-12 minutes, turning the chips over half way through baking.
10. Eat and enjoy!

Makes 32 Chips

Nutritional Info - Per Chip
19 Calories, 1g Fat, 0g Protein, 1.7g Carbs, 1.1g Fibre, 0.6g Net Carbs

Stuffed Crust Pizza



INGREDIENTS

1/2 cup (56g) coconut flour
2 tablespoons (28g) butter, melted
1 egg
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 teaspoon dried oregano
1/2 teaspoon onion powder
1/2 teaspoon dried basil
1/2 teaspoon garlic powder
1 tablespoon (9g) psyllium husk powder
1 cup boiling water
6 6 inch long strips of Mozzarella

METHOD

1. Pre-heat the oven to 200C/400F degrees.
2. Mix the dry ingredients in a bowl and combine well.
3. Add the butter and eggs and mix thoroughly until the mixture looks like breadcrumbs.
4. Boil the water and add to the mixture a bit at a time, stirring thoroughly until you have a dough.
5. Line a pie dish with parchment paper.
6. Place the dough in the dish and press or roll out the dough so that the edges are reaching the rim of the dish. (Alternatively roll out the dough in a circle using parchment paper, then place into the dish).
7. Place the strips of mozzarella around the edges and fold the dough over them, making sure that they are sealed.
8. Bake for 15 minutes.
9. Remove from the oven, place your sauce and toppings of choice and bake for a further 20 minutes.
10. Eat and enjoy!

Although I used a pie dish for this you could bake this on a tray and just roll the edges around the mozzarella pieces.

Makes 1 small/medium pizza, cut into 8 slices

Nutritional Info - Per Slice (no topping)
97 Calories, 6g Fat, 3g Protein, 7g Carbs, 4g Fibre,
3g Net Carbs

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Disclaimer

The recommendations given in this book are intended solely as education and information. Always consult a medical practitioner before embarking on a diet.

The nutritional information has been calculated using the Self Nutritional Data website.

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Angela

