



BAKING WITH COCONUT FLOUR

**LOW CARB & GLUTEN FREE RECIPES
FROM DIVALICIOUS RECIPES.COM**

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Hi there! I'm Angela,
the cook behind
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blog.

Welcome to my second coconut flour recipes eBook. Coconut flour is one of my favourite low carb and gluten free flours to bake with. It can be tricky at first to bake with it as it uses a lot more liquid than normal wheat flour. Once you find a couple of baking recipes that work for you there is no stopping you baking merrily with coconut flour.

This recipe book has a selection of savoury and sweet bakes with coconut flour, so there should be something for everybody and all taste buds.

I hope you enjoy the recipes as much as we did!

Angela

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INTRODUCTION

INTRODUCTION

As I decided to lower my carbohydrate intake and go grain free I was introduced to coconut flour and we have been together ever since. It can be difficult to use to begin with and I had many a batch of lumpy disasters. However, once you get the liquid balance right you will find yourself light and moist baked goods.

The benefits of coconut flour

Coconut flour is one of the healthiest flours you can you bake with as not only is it gluten free, it is low in carbohydrates and non-inflammation. This makes it a great flour for low carb diets, celiac, diabetics and those with inflammatory conditions.

It boasts healthy fats as it 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. Coconut flour is also very low in omega-6. Other nut and wheat flours are high in omega-6 which is inflammatory when consumed in excess,

Coconut flour is high in fibre making your baked goods fill you up and essential eat less muffins. Just make sure you drink plenty of water too to help the fibre in your digestive system.

Although coconut flour may seem a little pricey, a little goes a long way. Many of my recipes only use 1/4 or 1/2 cup coconut flour.

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 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.

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!



SAVORY
BAKES



Blue Cheese Tear & Share Loaf

INGREDIENTS

Dough

- 1 cup (112g) coconut flour
- 3 tablespoons psyllium husk powder
- 1 tablespoon baking power
- ½ teaspoon salt
- 100g garlic butter, softened
- 2 tablespoons apple cider vinegar
- 2 eggs
- 1 cup boiling water

Filling

- ¼ cup (25g) grated Parmesan cheese
- 1 cup (112g) grated Mozzarella cheese
- 50g Blue cheese
- 2oz (56g) butter, softened

Servings: 8 Slices



INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Grease a 1lb loaf tin (16cm x 11cm x 7cm) and line the bottom with parchment paper.
3. In a bowl, mix the coconut flour, salt, baking powder and psyllium husk powder well.
4. Add the eggs and garlic butter and work into a breadcrumb looking mixture.
5. Add the apple cider vinegar and blend well. Don't be alarmed at any frothing.
6. Pour the boiling water into the mixture about ¼ cup at a time and work the mixture into a dough.
7. In another bowl, blend the cheese and butter filling. Mash together with a fork.
8. Place the dough on top of a piece of parchment paper, then cover with another piece of parchment paper. Roll out to about 3-5 cm thick.
9. Cut the dough into rectangles to fit the bread tin.
10. Dot about a tablespoon of the mixture onto a rectangle of the dough and place into the tin, with the dough edge on the width side of the tin. Repeat for all rectangles until the tin is full.
11. Bake for 50-60 minutes until golden and firm.

Nutritional Info - Per Slice

332 Calories, 26g Fat, 10g Protein, 15g Carbs, 10g Fibre, 5g Net Carbs

Broccoli & Cheddar Cheese Muffins

INGREDIENTS

- 1 medium bunch broccoli (about 2 cups once processed)
- 4 eggs
- 1/4 cup (60g) melted butter
- 1/4 cup (59ml/2 floz) water
- 1/3 cup (34g) coconut flour
- 1/2 cup (57.5g) Cheddar cheese, grated
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 cup (28.75g) grated Cheddar cheese (for the topping)

Great as a side to tomato soup

Servings: Makes 6 Muffins

Nutritional Info - Per Muffin

166 Calories, 12g Fat, 7g Protein, 7g Carbs, 4g Fibre, 3g Net Carbs



INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Lightly butter a muffin tin (this recipe makes 8 muffins). You could use muffin cases if you wanted to.
3. In a bowl mix the eggs, water and melted butter.
4. Blitz the broccoli in a food processor until finely chopped.
5. Add the broccoli, coconut flour, salt, baking soda and seasoning to the egg mixture and mix well.
6. Gently stir in the 1/2 cup of Cheddar cheese.
7. Spoon into the muffin tin and sprinkle the remaining Cheddar cheese over the top of the muffins.
8. Bake for 15-17 minutes until the tops are slightly golden.

Broccoli Stromboli

This is a great low carb pastry alternative



INGREDIENTS

½ cup (56g) coconut flour
1 tablespoon psyllium husk powder
6 tablespoons coconut oil
1 egg

1 teaspoon baking powder
¼ teaspoon salt
½ cup boiling water

Filling

1 cup (156g) broccoli, cut into small florets
50g blue cheese
½ teaspoon black pepper
½ teaspoon salt
Beaten egg to glaze

INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees
2. Mix the coconut flour, salt, baking powder and psyllium husk powder together.
3. Add the coconut oil and blend well.
4. Add the egg and mix thoroughly.
5. Add the boiling water and mix until you have a dough.
6. Let stand for 30 minutes.
7. Place the broccoli in a saucepan of water. Bring to the boil, cover and simmer for 10 minutes.
8. Drain and mash with a fork. Season with the salt and pepper.
9. Place the dough on a large piece of parchment paper.
10. Place another piece of parchment paper on top of the dough and roll out into a rectangle.
11. Spread the broccoli over the dough and then scatter over the blue cheese.
12. Using the parchment paper at the bottom, gently roll the dough length-wise so you have a large Swiss roll.
13. Seal the ends and brush with the beaten egg
14. Bake for 20-25 minutes until golden and firm.

Servings: 2-4 Makes 8 Slices

Nutritional Info - Per Slice

356 Calories, 29g Fat, 9g Protein, 16g Carbs, 10g Fibre, 6g Net Carbs

Camembert & Cranberry Pie



Camembert & Cranberry Pie

INGREDIENTS

Dough

- ½ cup (56g) coconut flour
- 1 tablespoon psyllium husk powder
- 1 teaspoon baking powder
- 6 tablespoons olive/coconut oil
- ½ teaspoon salt
- 2 eggs
- ½ cup boiling water

Filling

- 125g wheel of Camembert cheese (or Brie)
- 4 tablespoons cranberry chia jam (or cooked cranberries)

INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Mix the coconut flour, psyllium husk powder, salt and baking powder in a bowl.
3. Add the oil and one egg and mix thoroughly.
4. Gently add the boiling water until you have a dough-like mixture
5. Roll out the mixture using parchment paper either side of the dough. Roll into a circle, large enough to cover the Camembert wheel.
6. Spread the cranberry chia jam over the top of the Camembert.
7. Place the Camembert wheel in the middle of the dough with the cranberry chia jam mixture at the bottom. (This makes it easier and neater to cover the cheese wheel).
8. Wet the edges of the dough with water, and then gently bring the edges up together to cover the Camembert. Trim the excess dough.
9. Make sure that the edges are sealed together as you don't want the mixture bursting out. Use a wet finger to smooth and join any edges together.
10. With the excess dough, cut out decorative shapes. I used a star cookie cutter but you could make leaves or even strips in a pattern. Place them on top of the pie.
11. Beat the other egg and brush over the pie.
12. Place on a parchment lined baking tray.
13. Bake for 30-35 minutes until firm and golden.

Servings: 1-2

Nutritional Info - Half Pie

642 Calories, 61g Fat, 18g Protein, 7g Carbs, 5g Fibre, 2g Net Carbs



Cauliflower Tikka Masala Pies



Nutritional Info - Per Pie

435 Calories, 37g Fat, 8g Protein, 21g Carbs, 11g
Fibre, 10g Net Carbs

Cauliflower Tikka Masala Pies

INGREDIENTS

1 cup cauliflower, cut into small florets
1/2 cup coconut milk
2 medium tomatoes, chopped
1 small onion, finely sliced
1 tablespoon tomato puree
1/2 inch ginger, peeled and chopped
1 clove garlic, peeled and chopped
1 teaspoon chilli powder
1 teaspoon garam masala powder
1/2 fresh chilli, deseeded and finely chopped
1/2 teaspoon coriander seeds
1/2 teaspoon cumin seeds
1/4 teaspoon ground turmeric
1/2 teaspoon salt
1 1/2 tablespoons oil

Dough

1/2 cup (56g) coconut flour
1 teaspoon of psyllium husk powder
6 tablespoons olive oil
1 egg
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup boiling water
Beaten Egg to glaze

Servings: 4 Pies

INSTRUCTIONS

1. To make the sauce, heat the oil in a saucepan on a medium heat and add the coriander and cumin seeds and cook for 1 minutes.
2. Add the garlic, chilli, ginger and onions and cook for 3-4 minutes until the onions are soft.
3. Place the coconut milk, tomatoes, spices and puree in a blender and blitz until smooth
4. Add this mixture to the saucepan and heat on a low simmer. Cook for 10-15 minutes on a medium heat.
5. Add the cauliflower florets to the sauce, cover with a lid and cook for 10 minutes until soft.
6. Allow to cool before using as a filling.
7. To make the dough, place all the dry ingredients in a bowl and blend well.
8. Add the oil and egg and stir until combined.
9. Add the boiling water, gradually until you have a dough. Firm up with your hands.
10. Cover and let sit for 30 minutes to firm up.
11. Roll out the dough by placing it on a piece of parchment paper, place another piece of parchment paper on top, then roll out. Cut out large circles (I used a large wine glass, but a large cookie cutter would do too).
12. Place the circles on a parchment paper lined baking tray.
13. Spoon the filling onto half of the circles and wet the edges.
14. Fold the pastry over to seal in the filling, pressing down along the edges.
15. Glaze with the beaten egg.
16. Bake at 200C/400F degrees for 20-25 minutes until the pastry is firm and golden.

Cheese & Jalapeno Bread

INGREDIENTS

- 4 eggs
- ¼ cup (56g) butter
- ¼ cup (60ml) water
- 1/3 cup (37g) coconut flour
- ¼ teaspoon baking powder
- ¼ cup (25g) Parmesan Cheese, grated
- ½ cup (56g) Cheddar Cheese, grated
- 4 Jalapeno chilli's – de-seeded and chopped
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper

INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Mix the eggs, butter, water, pepper and salt and combine well.
3. Add the coconut flour, garlic powder and baking powder and blend until smooth with no lumps.
4. Add the Parmesan, Cheddar Cheese and jalapenos and mix well. Season with the pepper to taste.
5. Grease a baking or brownie tin and line with parchment paper.
6. Pour the mixture into the tin and smooth evenly.
7. Sprinkle on some grated cheese if you wish (either Parmesan or Cheddar works well)
8. Bake for 15-20 minutes until golden and firm.



Servings: 9 Squares



Nutritional Info - Per Square

137 Calories, 11g Fat, 6g Protein, 4g Carbs, 2g Fibre, 2g Net Carbs

Cheese, Onion and Rosemary Dough Balls



Nutritional Info - Dough Ball

172 Calories, 12g Fat, 5g Protein, 9g Carbs, 4g Fibre, 5g Net Carbs

Cheese, Onion and Rosemary Dough Balls

INGREDIENTS

- 1/2 cup (56g) coconut flour
- 4 tablespoon (56g) butter (softened)
- 2 eggs
- 2 onions, peeled and thinly sliced
- 1 cup (132g) Gruyere cheese, grated
- 1/4 cup (28g) Mozzarella cheese, grated
- 1 teaspoon garlic powder
- 2 tablespoons psyllium husk powder
- 2 tablespoon chopped fresh rosemary



INSTRUCTIONS

1. Heat half of the butter in a frying pan and add the onions. Cook on a medium heat for 10-15 minutes, stirring occasionally, until the onions are golden.
2. Add the Gruyere cheese and rosemary to the onions. Stir well.
3. Preheat the oven to 185C/350F degrees and line a baking tray with parchment paper.
4. Place the onion and cheese mixture in a bowl.
5. Add the eggs, mozzarella and butter and blend well. I found a fork to be effective.
6. Add the coconut flour, psyllium husk powder and garlic powder.
7. Mix well until you have a dough-like mixture.
8. Take a large walnut sized piece of the mixture and roll into a ball. Repeat until you have twelve balls.
9. Place the balls on a baking tray alongside each other in a rectangle shape.
10. Bake for 20 minutes until the balls are golden.

Servings: Makes 12 Dough Balls

These have an aromatic smell when baking

Chia & Coconut Flour Crackers

INGREDIENTS

1/2 cup coconut flour
1/4 cup chia seeds
1/4 cup coconut oil
1 cup boiling water
1/4 teaspoon salt
Seasonings of choice
(Optional) I used Rosemary and
garlic powder.

INSTRUCTIONS

1. Preheat the oven to 185C/375F degrees.
2. Mix the dry ingredients together.
3. Add the coconut oil and mix well.
4. Gradually add the boiling water to the mixture and stir.
5. Roll out the dough onto a parchment paper lined baking sheet.
6. Bake for 25 minutes.

Servings: 20 Crackers



Coconut flour and chia seeds are full of fibre so this will be very healthy for you.

Nutritional Info - Per Cracker

35 Calories, 3g Fat, 0g Protein, 1.1g Carbs, 0.9g Fibre, 0.2g Net Carbs

Cranberry Feta Dough Balls



Cranberry Feta Dough Balls

INGREDIENTS

- 1 cup (112g) Mozzarella Cheese, grated
- ½ cup (50g) Parmesan Cheese, grated
- ½ cup (56g) coconut flour
- 2 eggs, beaten
- 1 cup (150g) Feta cheese, crumbled
- 3 tablespoons cranberry chia jam
- ¼ cup (56g) butter- unsalted, melted
- ½ teaspoon baking powder
- 2 tablespoons chopped chives (decoration)

Servings: 15 Dough Balls



INSTRUCTIONS

1. 1 cup (112g) Mozzarella Cheese, grated
2. ½ cup (50g) Parmesan Cheese, grated
3. ½ cup (56g) coconut flour
4. 2 eggs, beaten
5. 1 cup (150g) Feta cheese, crumbled
6. 3 tablespoons cranberry chia jam
7. ¼ cup (56g) butter- unsalted, melted
8. ½ teaspoon baking powder
9. 2 tablespoons chopped chives (decoration)

Nutritional Info - Per Dough Ball

121 Calories, 9g Fat, 6g Protein, 3.7g Carbs, 1.9g Fibre, 1.8g Net Carbs



Mini Chicken Pies



Mini Chicken Pies

INGREDIENTS

Dough

- 1/2 cup (56g) coconut flour
- 1 teaspoon of psyllium husk powder
- 6 tablespoons olive oil
- 1 egg
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup boiling water

Filling

- 1 chicken breast, cut into small chunks
- 1 tablespoon butter
- 1 small onion, peeled and chopped
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon garlic powder
- 1 oz (28g) cream cheese
- Beaten egg to glaze

Servings: 4 Pies

Nutritional Info - Per Pie

417 Calories, 30g Fat, 20g Protein, 15g Carbs, 9g Fibre,
6g Net Carbs

INSTRUCTIONS

1. To make the dough, place all the dry ingredients in a bowl and blend well.
2. Add the oil and egg and stir until combined.
3. Add the boiling water, gradually until you have a dough. Firm up with your hands.
4. Cover and let sit for 30 minutes to firm up.
5. To make the filling melt the butter in a saucepan and add the onion. Gently sauté for 5 minutes until soft.
6. Add the chicken and cook on a medium heat for 10-12 minutes until cooked through.
7. Add the seasonings and cream cheese and cook for a further 2 minutes until the cream cheese has melted.
8. Roll out the dough by placing it on a piece of parchment paper, place another piece of parchment paper on top, then roll out. Cut out large circles (I used a large wine glass, but a large cookie cutter would do too).
9. Place the circles in a well greased muffin tin and ensure that all the sides are covered.
10. Spoon the filling into the pie cases.
11. Cut strips of rolled pastry and place them on the top of the pie, gently pressing around the edges.
12. Glaze with the beaten egg.
13. Bake at 200C/400F degrees for 20-25 minutes until the pastry is firm and golden.

Parmesan & Pesto Garlic Dough Balls

INGREDIENTS

- 1 cup (100g) Parmesan cheese, grated
- 1/2 cup (56g) coconut flour
- 2 teaspoon pesto
- 2 tablespoon butter, softened
- 2 eggs
- 1/4 cup (28g) grated mozzarella
- 1 teaspoon garlic powder
- Garlic Butter*
- 1/4 cup (25g) butter, softened
- 1 teaspoon garlic powder



Almost a tear and share bread. Except you won't want to share!

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Place the butter, pesto, eggs, Mozzarella and Parmesan cheese in a bowl and mix well.
3. Add the garlic powder and coconut flour and blend into a dough.
4. Form into 10 balls about the size of a large walnut. Sometimes wet hands helps.
5. Place on a parchment lined baking tin next to each other in two rows of five.
6. Bake for 20 minutes.
7. Mix the butter with the garlic powder.
8. Slather the garlic butter over the dough balls.
9. Eat and enjoy!

Nutritional Info - Per Dough Ball

173 Calories, 14g Fat, 7g Protein, 6g Carbs, 3g Fibre,
3g Net Carbs

Servings: Makes 10 Dough Balls

INGREDIENTS

1/2 cup (56g) coconut flour
1 tablespoon psyllium husk powder
6 tablespoon coconut/olive oil
1 egg
1 teaspoon garlic powder
1/2 teaspoon salt
1 cup boiling water

INSTRUCTIONS

1. Pre-heat the oven to 200C/400Fdegrees.
2. Add the coconut flour, psyllium husk powder, garlic powder, and salt in a bowl. Blend well either by hand or a whisk.
3. Add the egg and blend until combined.
4. Then add the oil and blend until the mixture looks like breadcrumbs.
5. Add the boiling water, 1/4 cup at a time and blend until the mixture looks like a dough. Coconut flour and psyllium husk powder can vary between brands so you may need less water.
6. Line a baking tray or either a pie dish with parchment paper.
7. Gently roll out the mixture onto the dish/pie dish.
8. Bake in the oven for 20 minutes until slightly golden at the edges.
9. Remove from the oven, add the toppings and then place back until the grill until the cheese is golden.

Psyllium husk powder helps the dough consistency



Nutritional Info - Per Quarter

285 Calories, 24g Fat, 4g Protein, 14g Carbs, 9g Fibre, 5g Net Carbs



Spinach, Feta, Tomato & Olive Muffin

A delicious savoury muffin.

INGREDIENTS

- 4 eggs
- 1/4 cup melted butter
- 1/4 cup water
- 1/4 teaspoon salt
- 1/3 cup coconut flour
- 1/4 teaspoon baking soda
- 1/4 cup Parmesan cheese
- 1/4 teaspoon dried basil
- 100g spinach
- 1/4 cup feta, cut into cubes
- 1/4 cup black olives, destoned and cut into pieces
- 1/2 cup cherry tomatoes



INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Cook the spinach in a frying pan with a dash of olive oil until wilted and set aside.
3. Mix the eggs, butter, water and salt and combine well.
4. Add the coconut flour and baking soda and blend.
5. Add the Parmesan and Feta cheese, herbs, olives, spinach and tomatoes and blend well.
6. Line a muffin tin with muffin cups and spoon the mixture into them.
7. Bake for 12-15 minutes until firm and golden.

Servings: 6 Muffins

Nutritional Info - Per Muffin

175 Calories, 13g Fat, 7g Protein, 9g Carbs,
4g Fibre, 5g Net Carbs



SWEET
BAKES



Blackberry, Lemon & Sour Cream Pound Cake

INGREDIENTS

1/2 cup butter, melted
1/2 cup sour cream
1/2 cup coconut flour
1/4 cup erythritol (or sugar substitute)
1 cup blackberries
8 eggs
grated rind and juice of two lemons
2 tablespoon vanilla essence
2 teaspoon baking power
1 teaspoon salt

A moist and delicious pound cake with lemon and blackberry.



INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Mix the dry ingredients together in a bowl.
3. Beat the eggs in another bowl, and then add the melted butter, sour cream, rind and juice of the lemons and the vanilla essence. Mix thoroughly.
4. Add the wet mixture to the dry ingredients and stir thoroughly. Add the blackberries and mix well.
5. Pour into a greased loaf tin.
6. Bake for 80-90 minutes until golden and firm.

Nutritional Info - Per Slice

223 Calories, 11g Fat, 8g Protein, 11g Carbs, 5g Fibre, 6g Net Carbs

Servings: Makes 8 Slices

Chocolate Brownies

INGREDIENTS

4oz (112g) cream cheese, softened
3/4 cup (170g) butter, softened
1 tablespoon vanilla
4 eggs
1/2 cup (56g) coconut flour
3/4 cup erythritol
1/4 teaspoon salt
1/4 teaspoon baking powder
1/3 cup (28g) cocoa powder
1/3 cup (40g) double cream

INSTRUCTIONS

1. Preheat the oven to 180C /350F degrees.
2. Grease a 8 x 8 inch baking tray and line the bottom with parchment paper.
3. Beat the cream cheese until smooth.
4. Add the butter, vanilla and erythritol (or sugar substitute of your choice) and mix well.
5. Add the eggs and blend until smooth.
6. Add the dry ingredients and cream. Mix until smooth.
7. Pour the mixture into the baking tray and cook for 40 minutes until the top feels firm to the touch.
8. Cool completely then place in the refrigerator overnight.
9. Slice into squares and serve.



A moist brownie that is better the next day.

Nutritional Info - Per Square

252 Calories, 23g Fat, 5g Protein, 7g Carbs, 4g Fibre, 3g Net Carbs

Chocolate, Coconut & Cherry Brownies

INGREDIENTS

½ cup (56g) coconut flour
2 eggs, beaten
6 tablespoons cocoa powder
3 tablespoons coconut oil
6 tablespoons butter
¼ cup sugar replacement
½ cup unsweetened desiccated coconut
⅛ teaspoon salt
1 teaspoon vanilla extract
½ cup cherries (I used ones straight from the freezer and defrosted them)

Servings: 9 Squares

Nutritional Info - Per Brownie

211 Calories, 19g Fat, 4g Protein, 10g Carbs, 5g Fibre, 5g Net Carbs

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Melt the coconut oil and butter together in a saucepan over a low heat.
3. Remove from the heat and add the cocoa powder. Stir well.
4. Add the coconut nectar, vanilla, salt and mix well.
5. Add the eggs and mix thoroughly. Add the coconut flour, desiccated coconut and the cherries and mix well.
6. Grease a 8 X 8 dish and pour the mixture into it, smoothing it evenly.
7. Bake for 25-30 minutes until firm on top.



Cinnamon Baked Donuts

INGREDIENTS

1/2 cup coconut flour
1/4 cup erythritol
1/4 teaspoon salt
1/4 teaspoon baking soda
6 eggs
1/2 cup coconut oil
1/4 cup coconut milk
1 tablespoon vanilla extract
1 tablespoon cinnamon

TOPPING

3 tablespoons cinnamon
3 tablespoons ground erythritol

Servings: 6 Donuts

These are baked in a donut tin

Nutritional Info - Per Donut

307 Calories, 26g Fat, 8g Protein, 12g Carbs, 7g
Fibre, 5g Net Carbs

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Mix the coconut flour, erythritol, stevia, baking soda and salt together.
3. Add the eggs, coconut milk, coconut oil, vanilla and cinnamon. Blend until there are no lumps (you may find it easier if you use a blender).
4. Fill the donut tin to 2/3 full of the donut batter. Bake for 20 minutes until firm.
5. Mix the ground erythritol and cinnamon together.
6. Slightly cool, then when you can handle them, dip into the cinnamon dip.



Cinnamon Slices

INGREDIENTS

½ cup coconut flour

½ cup melted butter

5 eggs

½ cup erythritol (or other sugar substitute)

½ teaspoon baking powder

2 teaspoons vanilla essence

½ teaspoon salt

Cinnamon Swirl

2 tablespoons cinnamon

2 tablespoons erythritol (or other sugar substitute)

2 tablespoons melted butter

3 oz cream cheese, softened

2-3 tablespoons water (optional depending on batter texture)

Servings: 8 Slices

Nutritional Info - Per Slice

234 Calories, 20g Fat, 6g Protein, 7g Carbs, 4g Fibre, 3g Net Carbs



INSTRUCTIONS

1. Pre-heat the oven to 200C/400F degrees.
2. Blend the butter, eggs, erythritol and vanilla essence.
3. Add the coconut flour, baking powder and salt. Whisk until the batter is smooth
4. Mix the tablespoons of erythritol and butter with the cream cheese. Blend together until smooth (I used a fork, then moved to a spoon).
5. Grease a square baking tin and line it with parchment paper.
6. Spoon the cake mixture into the tin.
7. Add the cinnamon mixture on top of the cake mixture and using a spoon, swirl the mixture into the cake mixture. Make your own patterns!
8. Bake for 30 minutes until firm.
9. Cut into 8 slices.

Coconut & Raspberry Cupcake



Nutritional Info - Per Cupcake

217 Calories, 20g Fat, 5g Protein, 6g Carbs, 4g Fibre, 2g Net Carbs

Coconut & Raspberry Cupcake

A sweet and tasty cupcake

INGREDIENTS

1/4 cup coconut flour
3 tablespoons butter, melted
1/2 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons unsweetened desiccated coconut
1/4 cup powdered erythritol
3 eggs
1/2 teaspoon vanilla extract
2 tablespoons coconut milk
15 - 18 raspberries.

TOPPING

1/4 cup whipping cream
1/4 cup butter
1/2 teaspoon vanilla extract
1 oz cream cheese
2 tablespoon ground erythritol
3 tablespoons unsweetened desiccated coconut
Raspberries to decorate

Servings: 6 Cupcakes

INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Combine the coconut flour, coconut, baking powder and salt.
3. In another bowl, whisk the eggs, erythritol, melted butter, vanilla extract and coconut milk.
4. Add the dry mixture to the wet and blend well.
5. Spoon into cupcake liners.
6. Push the raspberries into the cupcake mixture.
7. Bake for 15-20 minutes until firm and cool.
8. To make the topping, heat the whipping cream and butter in a saucepan until it starts to boil.
9. Remove from the heat and stir in the vanilla. Mix well, then chill in the refrigerator for 2 hours.
10. Add the cream cheese and erythritol and beat until smooth.
11. Smother the cooled cupcakes with the buttercream.
12. Dip the cupcakes into the desiccated coconut.
13. Decorate with raspberries.



Ginger Muffins with Lime Cream Cheese Topping

INGREDIENTS

1/4 cup (28g) coconut flour
1/4 cup (56g) butter, melted
1/4 cup (28g) erythritol
2 tablespoons coconut milk
3 eggs
1/2 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons ground ginger
1 teaspoon fresh grated ginger

TOPPING

2 oz (56g) cream cheese, at room temperature
1-2 tablespoons lime juice
1 tablespoon coconut milk
1 tablespoon erythritol

Ginger and lime blend very well in this muffin

Servings: 6 Muffins

Nutritional Info - Per Muffin

141 Calories, 12g Fat, 2g Protein, 6g Carbs, 3g Fibre,
3g Net Carbs



INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Blend together the butter, eggs, erythritol, coconut milk, salt and vanilla.
3. Add the coconut flour, baking powder, fresh and dry ginger and whisk until there are no lumps and it is a smooth batter.
4. Pour into greased muffin tray.
5. Bake for 20 minutes and allow to cool.
6. Blend the topping ingredients until smooth. I used a hand blender but feel free to do an upper arm workout and try it with a fork/spoon!
7. Slather the topping over the muffins (or pipe it, my piping bag had to be thrown out so I had to slather!)
8. Eat and enjoy!

Jaffa Cakes



Nutritional Info - Per Cupcake

198 Calories, 16g Fat, 5g Protein, 9g Carbs, 4g Fibre, 5g Net Carbs

Jaffa Cakes



INGREDIENTS – Makes 9 Cakes

Jelly

4 oranges - 1 cup (250ml) juice and rind of one orange

2 tablespoons sugar substitute

1 sachet gelatine

Cake

¼ cup coconut flour

3 tablespoons melted butter

3 eggs

3 tablespoons sugar substitute

½ teaspoon salt

¼ teaspoon baking powder

1 teaspoon vanilla essences

Topping

150g chocolate

INSTRUCTIONS

1. Make the jelly by gently heating the orange juice and rind in a saucepan.
2. Add the sugar substitute and stir thoroughly.
3. Remove from the heat and sprinkle the gelatine over the juice. Stir thoroughly.
4. Pour into a shallow dish (I used my glass brownie tin). You want the jelly to be about 1cm in depth.
5. Place in the fridge and set for 3 hours or until firm.
6. Pre-heat the oven to 200C/400F degrees.
7. For the cake, whisk the melted butter and sugar substitute together.
8. Add the eggs and vanilla essence and whisk until combined.
9. Add the coconut flour, salt and baking powder and whisk until smooth.
10. Grease a cupcake or muffin tin. I lined mine with parchment paper just for ease of popping the sponges out.
11. Spoon the cake mixture into the tins and bake for 15 minutes until golden and firm.
12. Remove from the tin and allow to cool
13. Cut circle shapes out of the jelly, making sure that they are smaller than the cakes. A cookie cutter or glass should do it.
14. Place the jelly on top of the sponges.
15. Melt the chocolate in a microwave or in a Bain Marie.
16. Set aside to cool slightly. Do not pour hot chocolate over the jelly as it will melt.
17. Spoon the chocolate over the jelly and sponge.
18. Allow to cool (place in the fridge for best results).

Lemon & Lime Cake

INGREDIENTS

1 lemon
1 lime
6 eggs
1/2 cup erythritol
3/4 cup coconut flour
150g butter, melted
2 teaspoon baking powder

This is made with a boiled lemon and lime



INSTRUCTIONS

1. Place the lemon and lime in a small saucepan and cover with water. Bring to the boil, cover and simmer for an hour.
2. Pre-heat the oven to 170C/325F degrees.
3. Place the lemon and lime in a food processor or blender and blitz well.
4. Add the eggs and butter to the mixture and blend.
5. Add the remaining ingredients and continue to blend.
6. Pour into a greased cake tin and bake for 35-40 minutes.
7. Cool, decorate as you wish, eat and enjoy!

Servings: 4-6 (About 10 Slices)

Nutritional Info - Per Cupcake

181 Calories, 14g Fat, 5g Protein, 9g Carbs, 4g Fibre, 5g Net Carbs

Lemon Cupcakes

INGREDIENTS

- 1/4 cup (28g) coconut flour
- 1/4 cup (56g) butter, melted
- 1/4 cup (54g) erythritol (or sugar substitute of your choice)
- 2 tablespoons coconut milk
- 3 eggs
- Zest and juice of 1 lemon
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt

INSTRUCTIONS

1. Pre-heat the oven to 200C/400F degrees.
2. Blend together the butter, eggs, erythritol, coconut milk, lemon zest and juice
3. Add the coconut flour, baking powder and salt, and whisk until there are no lumps and there is a smooth batter.
4. Pour into cupcake cups or a greased muffin tray.
5. Bake for 20 minutes and allow to cool.

Servings: 6 Cupcakes

Nutritional Info - Per Cupcake

139 Calories, 12g Fat, 4g Protein, 5g Carbs, 2g Fibre, 3g Net Carbs



I used a chocolate avocado topping for these



Lemon Slices



INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Blend together the butter, eggs, erythritol, lemon juice, lemon rind and vanilla.
3. Add the coconut flour, baking powder, salt and whisk until there are no lumps and it is a smooth batter.
4. Pour into a parchment paper lined baking tin. I use a 8 inch square tin.
5. Bake for 20 minutes and allow to cool.
6. Blend the topping ingredients until smooth. I used a hand blender but feel free to do an upper arm workout and try it with a fork/spoon!
7. Slather the topping over the cake.
8. Cut into 8 slices or smaller squares.

INGREDIENTS

Cake

½ cup (56g) coconut flour

½ cup melted (113g) butter

½ cup (56g) erythritol

5 eggs

½ teaspoon baking powder

1/4 teaspoon salt

1 teaspoon vanilla essence

2 lemons, juice and grated rind

Topping

6 oz (168g) cream cheese, softened

3 oz (84g) butter, softened

Juice and finely grated rind of 1 lemon

¼ cup erythritol

Servings: 8 Slices

Nutritional Info - Per Slice

314 Calories, 29g Fat, 6g Protein, 8g Carbs, 4g Fibre, 4g
Net Carbs

Lemon Swiss Roll with Blackberry Chia Jam

INGREDIENTS

Chia Jam

- 1 punnet blackberries (6oz/170g)
- 2 tablespoon chia seeds
- 2 tablespoon erythritol
- 2-4 tablespoons water.

Sponge

- 6 eggs, separated
- 1/2 cup erythritol
- 1/3 cup coconut flour
- Juice from 2 medium-sized lemons
- 1/2 teaspoon baking soda

Nutritional Info - Per Slice

103 Calories, 5g Fat, 6g Protein, 9g Carbs, 4g Fibre,
5g Net Carbs



INSTRUCTIONS

1. Make the jam the night before (or 4-5 hours if you want it on the same day).
2. Place the blackberries in a saucepan on a medium heat, add the water and bring to the boil.
3. Simmer and add the erythritol. Cook for 5 minutes until the blackberries are soft.
4. Remove from the heat and add the chia seeds. Stir thoroughly (add more water if need be).
5. Pre-heat the oven to 350F/180C degrees.
6. Line a baking tray with greaseproof paper.
7. In one bowl, whisk the egg whites until firm and stiff.
8. In another bowl, beat the yolks with the erythritol until blended and smooth.
9. Add the coconut flour, lemon juice and baking soda into the egg yolk mixture and stir thoroughly.
10. Gently fold the egg whites into the flour mixture.
11. Pour the cake mixture into the prepared tin and bake for 15-20 minutes until firm and golden.
12. Remove from the oven. Allow to slightly cool (cool enough to handle without burning your hands) and place another sheet of greaseproof paper onto the cake. Using the bottom piece of paper, gently roll the sponge, not too tight. This is so you can unroll the sponge when cool and place the filling in it.
13. Allow to cool.
14. Gently unroll the cake and smear the jam (and cream if you want) over the sponge. Using the greaseproof paper, gently re-roll the sponge.

Servings: Makes 8 Slices

Lime Cupcakes with a Cheesecake Frosting

INGREDIENTS

Cupcake

- 1/4 cup (28g) coconut flour
- 1/4 cup (55g) coconut oil
- 1/4 cup (28g) erythritol (or other sugar substitute)
- 2 tablespoons coconut milk
- 3 eggs
- Juice and rind of 1 medium lime
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2-3 drops natural green colouring

Topping

- 3 oz (85g) cream cheese
- 1/4 cup (30g) whipping/heavy cream
- 1/4 cup erythritol

Servings: 6 Cupcakes

Nutritional Info - Per Cupcake

139 Calories, 12g Fat, 4g Protein, 5g Carbs, 2g Fibre, 3g Net Carbs



INSTRUCTIONS

1. Pre-heat the oven to 200C/400F degrees.
2. Mix the coconut flour, baking powder, salt and erythritol (or sugar substitute) in a bowl.
3. Add the coconut milk, oil, lime juice, rind and eggs together until you have a smooth batter.
4. Add the green colouring and adjust if you want it brighter.
5. Pour into cupcake cases and bake for 20 minutes.
6. Remove from the oven and allow to cool.
7. Blend the topping ingredients together until smooth. Slather or pipe over the cupcakes. Optional decoration is extra rind from a lime.
8. Eat and enjoy!

Mixed Berry Cream Cheese Muffins

INGREDIENTS

Cake Mixture

- 1/4 cup (28g) coconut flour
- 1/4 cup (56g) butter, melted
- 1/4 cup (54) erythritol
- 2 tablespoons coconut milk
- 1/4 cup (31g) raspberries
- 1/4 cup (37g) blueberries
- 3 eggs
- 1/2 teaspoon vanilla essence
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt

Filling

- 3 oz (84g) cream cheese, softened
- 1 teaspoon vanilla essence
- 2 tablespoons erythritol

These mixed berry muffins have an addition of a cream cheese centre. It's a true combination of red, white and blue!

Nutritional Info - Per Cupcake

181 Calories, 15g Fat, 3g Protein, 6g Carbs, 3g Fibre, 3g Net Carbs



INSTRUCTIONS

1. Pre-heat the oven to 200C/400F degrees.
2. Blend together the butter, eggs, erythritol, coconut milk, and vanilla essence.
3. Add the coconut flour, baking powder and salt, and whisk until there are no lumps and there is a smooth batter.
4. Gently add the berries and mix well.
5. Blend the filling ingredients together until smooth and there are no lumps. Add any extra cream cheese if the mixture is too weak.
6. Spoon a large tablespoon of the mixture into cupcake cups or a greased muffin tray so that the bottom is covered.
7. Place a teaspoon of the cream cheese filling on top of the muffin batter in the centre of each muffin cup.
8. Spoon the remaining muffin mixture over the cream cheese until covered. You may want to move the berries about to ensure even coverage too.
9. Bake for 20 minutes and allow to cool.

Servings: Makes 6 Muffins

Orange Chocolate Chip Cupcakes

INGREDIENTS

1/4 cup (28g) coconut flour
1/4 cup (56g) butter, melted
1/4 cup (28g) erythritol (or sugar substitute of your choice)
Juice and rind of one orange
2 tablespoons coconut milk
1/4 cup (56g) chocolate chips
3 eggs
1/2 teaspoon baking powder
1/4 teaspoon salt

Nutritional Info - Per Cupcake

190 Calories, 15g Fat, 5g Protein, 10g Carbs, 3g Fibre, 7g Net Carbs

Servings: 6 Cupcakes



INSTRUCTIONS

1. Pre-heat the oven to 200C/400F degrees.
2. Blend together the butter, eggs, erythritol, coconut milk, orange juice and rind.
3. Add the coconut flour, baking powder and salt, and whisk until there are no lumps and there is a smooth batter. Add a tablespoon of water if the mixture is a bit too stiff.
4. Gently fold in the chocolate chips.
5. Pour into cupcake cups or a greased muffin tray.
6. Bake for 25-30 minutes and allow to cool.

Peanut Butter Chocolate Brownies



INGREDIENTS

Topping

8 oz cream cheese, softened

1 egg

1 teaspoon vanilla essence

1/4 (52g) cup sugar substitute

3/4 (190g) cup peanut butter

Brownie

1/2 cup (56g) coconut flour

4 eggs

3/4 cup (156g) sugar substitute

1/4 cup(56g) butter, melted

1/3 cup (35g) cocoa powder

1/3 cup (56g) coconut milk

1/4 teaspoon baking powder

1/4 teaspoon salt

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Mix the dry brownie ingredients in a bowl.
3. Grease and line a square brownie tin with parchment paper.
4. In another bowl, mix the eggs and sugar substitute and blend well.
5. Add the butter and coconut milk and combine until smooth.
6. Add the dry ingredients to the wet mixture and whisk until smooth. (I use a hand whisk).
7. Place the topping ingredients in a bowl and using a hand blender mix until smooth. You could also use a blender for this.
8. Spoon the brownie mixture into the brownie tin and smooth over evenly with a spoon.
9. Dollop the peanut butter mixture on top of the brownie mixture and gently mix it slightly in.
10. Bake for 40 minutes until firm.

Servings: 2-4 Makes 9 Squares

Nutritional Info - Per Square

332 Calories, 27g Fat, 12g Protein, 12g Carbs, 5g Fibre, 7g Net Carbs

Pumpkin Bagels

INGREDIENTS

1/2 cup pumpkin puree
1/2 cup (56g) coconut flour
2 tablespoons flaxseed flour
4 tablespoons (56g) butter, melted
1 egg
1 teaspoons vanilla essence
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon (9g) psyllium ground powder
1/4 cup boiling water
4 tablespoons erythritol (sugar substitute)
1 teaspoon ground all spice
2 teaspoons ground ginger
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg
2 teaspoons ground cinnamon

Servings: 6 Bagels

Nutritional Info - Per Bagel

160 Calories, 11g Fat, 4g Protein, 13g Carbs, 7g
Fibre, 6g Net Carbs



INSTRUCTIONS

1. Pre-heat the oven to 200C/400F degrees.
2. Using a hand whisk, mix the coconut flour, erythritol, flaxseed flour, psyllium powder, spices, salt and baking powder in a bowl and combine well.
3. Add the butter, eggs, pumpkin puree and mix thoroughly.
4. Gradually add the boiling water 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 6-4 pieces. Take one of the pieces and roll into about a 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 25 minutes, then turn the bagels over and bake for a further 15 minutes.

Pumpkin Bread

INGREDIENTS

2 eggs
1/2 cup pumpkin purée
8 eggs
¼ cup coconut milk
1/4 ground erythritol
1 tsp vanilla extract
1 1/2 tsp ground cinnamon
1/2 tsp grated nutmeg
1/2 tsp all spice
Pinch of salt
3/4 cup coconut flour
1 tsp baking soda
1/2 cup raw pecans, chopped (optional)

Servings: 8 Slices

I adore this lightly toasted and slavered
with cream cheese.



INSTRUCTIONS

1. Preheat your oven to 180C/350F degrees
2. In a bowl, mix the pumpkin, eggs, coconut milk, erythritol, vanilla, spices and salt.
3. Add the coconut flour and baking soda and whisk until lump-free.
4. Fold in the pecans.
5. Line a 9" x 5" loaf pan with parchment paper and pour the batter into the pan. Smooth out with spatula until even.
6. Bake the loaf for 60 minutes.
7. Remove from the pan and cool on a rack for 1 hour.

Nutritional Info - Per Slice

192 Calories, 13g Fat, 9g Protein, 11g Carbs, 6g Fibre, 5g Net Carbs

Pumpkin Cheesecake Brownie



Pumpkin Cheesecake Brownie

INGREDIENTS

Brownie Mixture

- 1/2 cup (56g) coconut flour
- 1/2 cup erythritol (56g) (or sugar substitute)
- 1/2 cup (113g) butter
- 4 eggs
- 1/3 cup (28g) cocoa powder (unsweetened)
- 1/3 cup (75g) coconut milk
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt

Cheesecake Mixture

- 1/2 cup (122g) pumpkin puree
- 1 teaspoon vanilla essence
- 8oz (224g) cream cheese
- 1 egg
- 1/4 cup (56g) erythritol (or sugar substitute)
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground all spice
- 1 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg

Servings: 9 Squares

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Grease and line a baking or brownie tin with greaseproof paper. I use an 8 inch square baking tin, because it's easier to cut into squares!
3. Make the brownie mixture first by whisking the eggs, butter and coconut milk in a bowl. I use a hand held electric whisk but a strong will and spoon would do!
4. Add the baking powder, coconut flour, cocoa powder and salt and stir until smooth.
5. In another bowl, add the pumpkin puree, cream cheese, egg, pumpkin spices, and sugar substitute and blend until smooth.
6. Pour the brownie mixture into the baking/brownie tin and spread evenly.
7. Spoon the cream cheese mixture on top and gently smooth over the brownie mixture or swirl like a madwoman as I did.
8. Bake for 35-40 minutes.
9. Allow to cool, then place in the fridge for at least 4 hours (overnight is better).
10. Cut into squares, eat and enjoy!.

Nutritional Info - Per Square

222 Calories, 21g Fat, 6g Protein, 5g Carbs, 2g Fibre, 3g Net Carbs

Pumpkin Pancakes

INGREDIENTS

2 eggs
6 tablespoon pumpkin puree
2 tablespoons coconut milk
2 teaspoons coconut oil
2 tablespoons coconut flour
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/8 teaspoon allspice
1/2 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons butter for frying

Servings: 4 Large pancakes

Nutritional Info - Per Pancake

259 Calories, 18g Fat, 7g Protein, 14g Carbs, 7g Fibre,
7g Net Carbs



INSTRUCTIONS

1. Mix the wet ingredients in one bowl and the dry ingredients in another bowl. Mix well.
2. Combine the wet and dry ingredients and whisk until there are no lumps.
3. Melt 1/2 tablespoon butter in a frying pan and pour a small amount of the batter in the pan, spreading out in a circle. Cook until bubbles appear around the sides.
4. Flip over gently and cook on the other side.
5. Repeat and use the remaining batter.
6. Slater with your topping of choice, eat and enjoy!

These are gorgeously sweet and the spices used enhance the taste of pumpkin

Rosewater & Pistachio Muffins

INGREDIENTS

1/4 cup coconut flour
3 tablespoons butter, melted
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 cup erythritol
3 eggs
2 tablespoons coconut milk
1 tablespoon rose water
1/4 cup pistachios, chopped

Servings: 6 Muffins



INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Combine the coconut flour, erythritol, baking powder, pistachio nuts and salt.
3. In another bowl, whisk the eggs, melted butter, rose water and coconut milk.
4. Add the dry mixture to the wet and blend well.
5. Spoon into muffin liners (it makes about 4-5)
6. Bake for 20-23 minutes until firm.
7. Cool and eat!

Nutritional Info - Per Muffin

148Calories, 12g Fat, 5g Protein, 5g Carbs, 3g Fibre, 2g Net Carbs



Spiced Chocolate Chip Muffins

Nutritional Info - Per Muffin

215 Calories, 16g Fat, 5g Protein, 12g Carbs, 4g Fibre,
8g Net Carbs

INGREDIENTS

¼ cup (34g) coconut flour

¼ cup (56g) butter, melted

3 eggs

¼ cup erythritol (56g) (or other sugar substitute)

1/3 cup (33g) cocoa powder (unsweetened)

3 tablespoon coconut milk

50g dark chocolate chips

½ teaspoon baking powder

¼ teaspoon salt

¼ teaspoon ground cloves

½ teaspoon ground allspice

½ teaspoon ground ginger

¼ cup water

Servings: 6 Muffins

INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees
2. Whisk the melted butter, coconut milk, eggs and erythritol together.
3. Add the coconut flour, cocoa, salt, baking powder and spices. Blend well.
4. Add the water and whisk until combined.
5. Spoon the mixture into muffin cases in a muffin tin.
6. Press the chocolate chips into the muffin mixture.
7. Bake for 20 minutes.



Strawberry, Coconut and Lime Cake

INGREDIENTS

6 eggs
1/4 cup coconut oil, melted
1/4 cup coconut milk
6 tablespoon erythritol
1 teaspoon vanilla extract
1/2 cup coconut flour
1/2 teaspoon baking powder
1/2 teaspoon salt
4-5 strawberries, chopped
juice and grated rind of 1 lime

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Whisk the eggs, coconut milk, vanilla, lime juice and zest together.
3. Add the coconut oil and erythritol and mix well.
4. Add the dry ingredients and blend well.
5. Pour the ingredients into a cake pan and bake for 35-40 minutes until firm and golden on top.
6. Once cool, slather with cream and top with strawberries (or top as you want)

Servings: 8 Slices



Nutritional Info - Per Cupcake

198 Calories, 16g Fat, 5g Protein, 9g Carbs, 4g Fibre, 5g Net Carbs

A delicious sponge that could be topped with other berries.

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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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www.divaliciousrecipes.com

Angela

