

**Favorite Low Glycemic Coconut Flour Recipes:**

**A Panoply of Delight, Great for Diabetics,  
Weight Losers, and those Wanting to Stay  
Healthy**

*by Michael DiSalvo*

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## 1. Forward: Making a Killing in the Sugar Market

When an author writes a book, the first arduous task he is confronted with is often, *So what will the title be?* Rather than being too circumloquacious, I will leave it to the reader to do the extra research about why the words “**Low Glycemic**” are so important when thinking about one’s diet. Having a chronic illness myself as well as gluten sensitivities has really forced me to think about the role of sugar in, to put it bluntly, *making us sick*.

Think about it. We’ve gone from eating 4 pounds of sugar a year to consuming over 180 pounds of sugar in a little more than 300 years. We have gone from a 3% case of diabetes in the general population in 1890 to 32% of Americans being obese.

In a more recent statistic, diabetes has increased by 90% in the last ten years! If pounds of sugar with pounds of silver, America has been the great sugar **billionaire** in its investments since the founding of this country, and its related health portfolio backs up the numbers.

A bit more than 100 years ago, the obesity rate was 3.4%, now it is 1000% as much.

*Three* out of 100,000 people had diabetes. Now **8000** of 100,000 have diabetes.

And cancer, which *loves* sugar, has increases from 3% of all deaths in that time to **20%** of deaths today (not counting 50% *more* of those who will have cancer but die of something else!).

*Breast cancer*, in particular, has gone from occurring in only .6% (yes, less than 1%) of women in 1949 to a startling 33% of women today. Should we pretend that these facts have no relationship with our ever increasing appetite for sugar?

Some people would throw up their hands and say, “Well, ya gotta die of somefin!”, but is that really true? Does it make sense to spend months, or years of your life in total agony when it could have been easily prevented?

Low glycemic recipes aren’t just for health nuts. They are for the general population, which largely suffers from arthritis, cancer, obesity, diabetes, heart disease, or some other issues.

So, what is the challenge? Well, of course to make it tasty! Children are known to be fond of or even addicted to candy, but wheat, carbs, and sugar are also highly addictive, which is why a tasty substitute can make the transition to a healthy lifestyle SO much easier. We therefore present an easy way with savory and sweet recipes we give to our own sugar-hungry children. And guess what? They love them!

## 2. About the Recipes

A recipe maker is often known for making the cake and eating it too, but at Coconut Country Living we actually take a *long time* before we actually make that cake. We've carefully crafted our recipes so you can have a bit of flexibility in how much carbs or sugars you would like to entertain in certain recipes. Coconut flour is fairly versatile, but texture and stickiness best works with the dreaded gluten or its substitute friends in the high-carb category. But, please don't be tempted! Coconut flour can also work, though it is tougher to work with. Slightly more egg, a bit of honey, and some chia can do a lot to keep something tricky like donut dough together so it can do its thing, so don't hesitate to convert items like tapioca flour when you see them into the coconut flour replacement by Googling coconut flour to [other flour] name.

Coconut flour has SO many benefits for those who give it a try: it is truly the queen of all flours in terms of its benefits, and at least a prince in terms of its taste (even raw!). The big drawback though, besides a lack of gluten to keep your baking and cooking creations together in a maximal way, is its dessicant nature. Coconut flour, being dessicated, absorbs nature, so can feel dry to the untrained palate. The way to get around this is to chill with a tasty beverage, dipping sauce, or yogurt. In other words, some moisture contrasts nicely with the dryness to make the transition to a gluten-free, low-glycemic, diet a bit more bearable. One should not be too upset about coconut flour's dry nature though! Because coconut flour is dehydrated, it also *absorbs*. This leads to a full feeling, which helps prevent overeating, and also simultaneously works for detox, pulling the bad stuff out of the body so it can pass away harmlessly, rather than having it continue to fester in the body, creating the acidic environment which leads to chronic diseases like cancer.

It becomes clear then, that coconut flour and low glycemic are really inseparable for those conscious of keep going health today if baking, bread, cookies, brownies, and bars are a significant part of your life. After all, who doesn't love a great pizza? But we believe health today extends even further. While some of our recipes have minimal grains and high glycemic elements, even when we have allowed something in the grain or sugar category into our recipe, we have done our best to advise to use organic ingredients when possible since the dangers of genetically modified ingredients has become so apparent. Unfortunately, many brands don't seem to really care that they are sourcing GMO ingredients, and they are happy to *not* let you know that on their labels. One example, out of 100s is the word "sugar". Even that white stuff you buy at the supermarket is usually *not* cane sugar but GMO-beet sugar. No, they aren't obliged to tell you that your food has been spliced and mixed with viruses and bacteria to make the new "improved" version that is resistant to or containing of pesticides, for starters.

We also advise using Mediterranean or North Atlantic sea salt, or even Himalayan salt when possible, since the Pacific Ocean, especially in its Northwest, has experienced troubling levels of radiation from Fukushima. After all, why eat ingredients that hurt you as much or more than sugar if you can avoid them?

Besides that, we hope you enjoy this recipe book. We are constantly striving to finesse our recipes to perfection and recommend you look at the originals or other recipes that inspired us to see if you would like to change things up.

Lastly, we have linked to [something special](#) at the end of this book that can help you with your recipes. We hope you enjoy it.

Final Note: For ease of convenience we have provided some links to hard to find products, some of which are affiliate links to different bloggers we support and even to our blog. Let us know if they help! MD

### 3. SAVORY RECIPES

# SAVORY RECIPES



## 3.1. Paleo Popper People Pleasers

### Paleo Popper People Pleasers

Serves 4

(Pictured as bread used in next recipe)

#### Ingredients

- 1/4 cup + 2 tablespoons coconut flour. To measure, stir coconut flour with a fork, use the "dip and sweep" method to measure, or sift before measuring.
- Six ounces of finely chopped yellow squash (to be blended)
- A tablespoon of whole milk of choice or water (if needed-- check the consistency)
- 2 pastured (preferably organic) eggs
- 1/4 cup soaked then dehydrated walnuts (optional)
- Salt and pepper, to taste

#### Instructions

1. Preheat your oven to 400 degrees Fahrenheit and line a baking sheet with parchment paper.
2. Put the squash and the coconut in your food processor and blend for a little less than a minute, until the mixture looks like yellow crumbs. Add everything else into the food processor and blend until smooth, about another minute. Then add finely chopped walnuts, if desired.
3. Divide the dough into eight equal parts and form into circles on your baking sheet. If needed, slightly dampen your hands to flatten the circles and prevent dough from sticking to hands. The rounds you've made should be about 1/4 inch thick so the dough will hold together.
4. Bake for about 16-18 minutes until slightly brown on the bottom and dry on the top. Let them sit for a few minutes before removing from the pan so they are sufficiently cooled. These are best gobbled within an hour of baking. : )

Note: If you are doing these in a regular oven (not a toaster oven), you can make extra and freeze them. Just let them cool. Later freeze them in a freezer-safe bag or vacuum sealed one before putting them in the freezer. If you put pieces of parchment between the sandwich rounds, they won't stick together. Thaw to room temperature for the amount desired, and then toast slightly under the broiler or in a toaster oven to get them ready for your event.

## 3.2. Paleo Chicken Burger



The People Pleasers above are great for a variety of uses, but they do a great job taking the place of **bread**. Here's one tasty sandwich you can try, but the variations are endless!

### Ingredients for the Filling

- 1 lb pastured chicken breasts
- ½ medium sized organic yellow onion
- 4 large leaves of your favorite lettuce
- ¼ cup finely chopped walnuts
- 1 large organic tomato

### Directions for your paleo chicken burger

1. Cut chicken into four pieces slightly bigger than your People Pleasers
2. Cook chicken of medium done until cooked through
3. Chop up onions and caramelize them on low heat until close to translucent
4. Begin stacking your sandwich with one of the People Pleaser buns on the bottom
5. Combine chicken, lettuce, and tomato with your favorite seasonings on top
6. Add the top bun to complete your sandwich

7. Serve!

Also see: [Paleo Sandwich Rounds](#)

### 3.3. Turn Up the Beet Patties w/Guac



**Serves 16 small patties**

#### **Ingredients**

- 3 cups organic shredded beets (raw), already washed, with greens trimmed off
- ½ medium organic onion
- 3 large (non-GMO) pastured eggs, beaten
- 1 tsp celtic sea salt
- ¼ cup coconut flour
- ⅛ teaspoon red pepper

#### **Gaucamole**

- 1 small avocado
- 2 tablespoons fresh lime juice
- ¼ tsp celtic sea salt
- 2 tbsps cilantro, finely chopped
- 1 small tomato
- ⅛ teaspoon cumin

- 4 large basil leaves
- 2 tbsps

### **Directions**

1. To make the patties: Finely chop onion and basil leaves and add to shredded beets.
2. Add salt and eggs and mix all together.
3. Add coconut flour. Mix again to combine.
4. Heat skillet over medium-high heat and cover the bottom of the pan liberally with coconut oil.
5. Make small patties about ½ inch thick and drop them into the pan. Cook patties 3-4 minutes on each side, until crispy.
6. Serve immediately

Note: These work GREAT when served between the Paleo Pleasers above and some guacamole, lettuce, and tomato for a topping.

Also see: [Basil Beet Burgers](#)

### 3.4. Coconut Flour Flatbread



**Serves: 4**

#### **Ingredients**

- 8 tablespoons coconut flour
- 1/2 teaspoon North Atlantic sea salt
- 1/2 teaspoon baking powder (aluminum and GMO-corn free)
- 1/2 teaspoon baking soda
- 8 pastured eggs
- 1 cup organic whole milk
- 1/8 teaspoon freshly ground pepper
- Pinch of organic garlic powder

#### **Instructions**

1. In a medium bowl, combine coconut flour, salt, garlic powder, pepper, baking powder, and baking soda. Add in eggs and milk and stir until completely mixed (should be relatively thick). Batter will thicken as you continue to stir.

2. Spread ½ the batter into a medium skillet greased with coconut oil and smooth with a spoon. Cook over medium heat until batter solidifies, and carefully flip or turn with spatula. Transfer to a plate and repeat until batter is used.

3. Serve immediately if possible

NOTE: These flatbreads are really heavenly and can be used for a variety of purposes, but especially like burritos. So don't be afraid to add your own fillings like guacamole, chopped tomatoes, chopped onions, lettuce, and chicken to have a luscious, satisfying meal.

Also see: [Healthy Coconut Flour Flatbread](#)

### 3.5. Feel the Herb Paleo Muffins



**Serves 3-4**

#### **Ingredients**

- ½ cup coconut flour
- 1 tsp baking soda
- ½ tsp baking powder (aluminum and GMO-free)
- ½-1 tsp sea salt
- ¼ cup coconut oil
- ½ cup + 2 tbsp coconut milk (BPA and additive free)
- 4 pastured eggs
- 1 tsp Bragg's apple cider vinegar
- 1 tsp garlic powder
- ½ tsp each of rosemary, thyme, sage
- ½ tsp onion powder

#### **Instructions**

1. Pre-heat the oven to 350°.



2. Mix dry ingredients in a small mixing bowl
3. Mix wet ingredients in a medium mixing bowl
4. Mix wet and dry ingredients in by combining in large mixing bowl and using a whisk
5. Put the mixture in a food processor and add melted coconut oil
6. Blend mix well
7. Place the batter in a muffin tin lined with muffin cups, filling muffin cups about  $\frac{3}{4}$  full—almost to the top.
8. Bake for about 25 minutes or until an inserted toothpick comes out dry. Tops should be slightly browned.
9. Enjoy with some warm melted butter of coconut oil. : )

Also see: [Healthy Coconut Flour Flatbread](#)

### 3.6. Coconut Flour Herby Crackers



**Serves 6-8 from 2 baking sheets**

- 2 cups sifted coconut flour
- 1/2 cup flax meal (pref. fresh ground from flax seeds)
- 1/2 cup freshly grated Romano cheese
- 2 pastured eggs, beaten
- 1/2 cup organic ghee
- 1 1/2 teaspoons sea salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 3/4 teaspoon chili powder
- 3/4 teaspoon turmeric powder
- 1 teaspoon dried basil
- 1 teaspoon baking (aluminum and GMO-free ) powder

#### **Instructions**

1. Preheat oven to 385 degrees Fahrenheit.

2. Combine all ingredients and mix well.
3. Take 2 baking sheets and line with parchment paper.
4. Divide mixture into two even parts to cover the respective sheets.
5. Take another sheet of parchment paper the length of each of the sheets, and place on top of the mixture.
6. Using a rolling pin, evenly press the mixture across the length and width of the sheet, then repeat for the second sheet.
7. Remove the top sheets of parchment paper.
8. Use a butter knife to score the dough into one inch square crackers (create  $\frac{1}{4}$  -  $\frac{1}{2}$  inch between pieces of dough) .
9. Place both sheets in the middle of the oven and bake for about 18 minutes. Remove crackers that turn brown and crispy first, and then let the others finish for about two minutes
10. Place hot crackers evenly spaced crackers on plates to cool.
11. Once they have cooled, place in an airtight container
12. Store in a cool dry place (best eaten when still warm).

NOTE: Try to use within five days to prevent humidity from softening the crackers. You can pop in a toaster oven for about 2-3 minutes to regain crispiness, but monitor to avoid any burning.

Also see [Savory Coconut Crackers](#)

### 3.7. Savory Vegetable Coconut Flour Pancakes



**Serves 5 from 16 pancakes**

#### **Ingredients**

- 1 medium zucchini
- 1 large carrot, peeled
- 1 medium onion or ½ bunch of chives
- 1 medium celery stalk, washed, trimmed and chopped finely
- 2 cloves organic garlic
- 1/2 bunch fresh parsley
- ¼ cup chopped walnuts (soaked then dehydrated)
- 5 pastured large eggs at room temperature
- 1 cup pastured whole milk
- 1/2 cup + 2 tbsp coconut flour
- 1 teaspoon baking soda
- ⅛ teaspoon baking powder (aluminum and GMO free)
- 1/2 teaspoon sea salt

- 2 tablespoons unrefined virgin coconut oil for frying

### **Instructions**

1. Grate the zucchini and carrots coarsely with a box grater or food processor.
2. Thinly slice the onions, roughly chop parsley and celery.
3. Mince the garlic
4. Mix eggs with the coconut flour, baking soda, baking powder and sea salt.
5. Gently mix the vegetables into the prepared pancake batter.
6. Warm skillet at medium-high heat and coat with coconut oil.
7. Use a 1/3 measuring cup to scoop the batter onto the hot skillet.
8. Cook 3 to 4 minutes, until the outer edges have set, then flip to repeat on the other side.
9. Sprinkle the pancakes with salt and allow to cool slightly before serving.
10. Pancakes are best served with organic sour cream and chives, curry, or gravy for a tasty treat!

Also see: [Healthy Vegetable Fritters](#)

### 3.8. Coconut Dill Savory Bread



**Serves 5**

#### **Ingredients**

- 4 pastured eggs
- 1/4 cup coconut oil
- 1/4 cup coconut milk
- 1 ½ teaspoons freshly ground dill weed
- ¼ cup caraway seeds
- 1 teaspoon baking soda
- 1 teaspoon coarse sea salt
- 1/3 cup ground flax
- 3/4 cup coconut flour

#### **Instructions**

1. Preheat oven to 350 Farenheit.
2. In a bowl, beat with a hand mixer the eggs, coconut oil, coconut milk, and dill until smooth.

3. Add the flax meal, caraway seeds, soda, and sea salt and mix well.
4. Add the coconut flour and mix well. The mixture should now be somewhat dry.
5. Bake for 45 minutes, or until an inserted toothpick comes out clean.

Also see: [\*\*Rosemary Coconut Savory Bread\*\*](#)

### 3.9. Savory Coconut Flour Zucchini Bread



**Serves 5**

#### **Ingredients**

- 6 pastured eggs
- 1/2 cup room temp coconut oil
- 1/2 tsp. North Atlantic or Mediterranean sea salt
- 3/4 cup sifted coconut flour
- 2 cups shredded zucchini (cut off stem)
- 1 tbsp finely chopped fresh rosemary
- 1/2 tsp. organic garlic powder
- 1 tsp. baking soda
- 2 tsp. apple cider vinegar
- ½ of a jalapeno or cayenne pepper (Optional)

#### **Instructions**

1. Mix the eggs, butter or coconut oil, apple cider vinegar, and zucchini.



2. In a separate bowl, mix the coconut flour, sea salt, rosemary, garlic powder, and baking soda.
3. Pour the liquid ingredients into the dry ingredients and mix to combine
4. Pour into a cake pan that has been greased with coconut oil and sprinkle the top of the mixture with sea salt.
5. Bake at 350 degrees for 50-60 minutes or until cooked through.
6. Cool completely before serving.
7. Enjoy!

Also see: [Coconut Flour Zucchini Bread](#)

### 3.10. Low Carb Coconut Flour Cheese Bread



**Serves 10**

#### **Ingredients**

- 6 pastured eggs
- 1/4 tsp North Atlantic sea salt
- 1/3 cup non-GMO applesauce (fresh from Granny Smith is ideal)
- 1/3 cup virgin unrefined coconut oil, melted
- 3/4 cup coconut flour
- 2 tbsp ground flax
- 8 oz of 1/2 inch medium sharp pastured cheddar cheese cubes

#### **Instructions**

1. Preheat your oven to 350 F (pan may be too big for a toaster oven)
2. Blend all ingredients except cheese and mix well, making sure there are no coconut flour lumps.
3. Gently drop in cheese cubes and gently mix evenly with kitchen spoon before pouring out.
4. Spread mixture into small loaf pan lined with parchment paper just draping over side

5. Bake for 45 minutes.
6. Cool until just warm if you are slicing and serving fresh (recommended!).
7. Otherwise cool completely before slicing.
8. Store in an airtight container in the freezer by dividing slices with your wax paper so your slices don't stick together.
9. Enjoy as toast, sandwich, or dipping bread. : )

### 3.11. Coconut Flour Spinach Tortillas



**8 Servings**

**Ingredients:**

- 1/2 cup + 1 tbsp coconut flour
- 1/2 teaspoon aluminum & GMO-free baking powder
- 1/4 teaspoon North Atlantic or Mediterranean sea salt
- 1 1/2 cup egg whites (16 large egg whites)
- 3/4 cup unsweetened almond milk
- 1 cup rinsed organic baby spinach, leaves cut in and stems trimmed

[Against All Grain](#) has a great tip that you can buy the free-range organic egg whites by the carton if you'd like, or use your leftover egg yolks for healthy [ice creams](#) and [custard pies](#)!

**Instructions:**

1. Mix all of the ingredients except spinach in a mixing bowl.

2. Let sit for 10 minutes so the coconut flour can soak up moisture, and then whisk again. The batter should be runnier than that of pancakes, about the same as what to expect in crepe batter.
3. (Option A) Heat a non-stick skillet (try to avoid teflon- see **Option B**) over medium high heat and spray or grease with coconut oil to coat the bottom and sides of pan.
4. Pour 1/4 cup of the batter into the pan, swirling the pan while you pour to ensure the bottom is coated and the tortilla is thin.
5. Sprinkle a proportional amount of baby spinach pieces around the batter but not touching pan.
6. Once the bottom looks set (about 1 minute), carefully release the sides of the tortilla with a rubber spatula and turn over.
7. **Option B** Use a **frittata pan**, or **C** turn the tortilla into another hot and greased pan to help the tortilla to stay in one piece. If your first couple break when you attempt transfer, you can add little more coconut flour and try again. Keep the broken ones to use as filling if you're making enchiladas.
8. Grease the pan again, and repeat above steps until all the batter is used. Carefully layer the completed tortillas on a plate and set aside until you are ready to fill them with something tasty.

See also: [Grain Free Tortillas](#)

### 3.12. Cornbread Look-a-like Muffins



**Serves 6-8 muffins**

#### **Ingredients**

- 3/8 cup organic coconut flour + 1 tablespoon
- 3/8 cup unrefined virgin coconut oil
- 3 pastured organic eggs, room temperature
- 1 Tbs. unsweetened applesauce
- 1 Tbs. real raw honey
- 1/4 tsp. baking soda
- Pinch red chili pepper powder
- 1 tsp. Bragg's apple cider vinegar
- 1/2 cup soaked then dehydrated walnuts (optional)

#### **Instructions**

1. Preheat your oven to 350 degrees Fahrenheit. Line six muffin cups in your muffin pan.
2. In a small mixing bowl, stir together the coconut flour and oil until smooth.
3. Beat in the eggs until smooth.

4. Add the remaining ingredients and stir again.
5. Divide egg mixture between prepared cups and bake about 25 minutes.
6. Use a toothpick to test readiness. When the toothpick comes out clean, and the top pushes back when lightly pressed, you are done!
7. Serve when warm or keep leftovers in an airtight plastic container once they are cool.

Note: Of course these muffins are AMAZING warm with some fresh butter or coconut oil spread on them. A dab of plain yogurt on the inside before you annihilate them is also a fantastic treat!

Also See: **Paleo Corn Muffins**

#### 4. SWEET

**SWEET**



## 4.1. Nutty Blueberry Muffins



**Serves 6**

### **Ingredients**

- 3 large pastured eggs
- 3 tbsps pastured butter, melted
- 3 tbsps liquid low-glycemic real honey
- 1/4 tsp Mediterranean sea salt
- 1/4 tsp real vanilla extract
- 1/8 tsp real almond extract
- 1/4 cup sifted coconut flour
- 1/4 tsp baking powder (aluminum and GMO fresh)
- 1/2 cup fresh organic blueberries
- 1/4 cup walnuts (soaked then dehydrated)
- Room temperature virgin coconut oil for buttering tins

### **Instructions**

1. Blend all liquid ingredients first in a mixing bowl.
2. Sift and blend dry ingredients except for walnuts.
3. Batter should be very runny, but it will thicken as it cooks.
4. Add dry ingredients to wet and then fold in washed and dried blueberries and walnuts.
5. Pour batter into greased muffin tin.
6. Bake at 400 degrees Fahrenheit for about 17 minutes.
7. Allow to cool until just warm before serving with some savory butter or coconut oil.
8. Freeze or keep others in a cool dry place. Will last about one week (if you don't eat them first! : )).

See Also: **Blueberry Muffins**

## 4.2. Low Carb Coconut Flour Crepes



**Serves 4**

This crepe recipe is quick to make and it is delicious. You can serve it as dessert, or a brunch side for four, or as a main entree for two.

### **Ingredients**

- 3 large eggs
- 3 tablespoons fine coconut sugar
- 4 tablespoons organic coconut flour
- 1 cup whole organic milk
- 1 teaspoon real vanilla extract

### **Instructions**

1. Place all ingredients in blender and process until thoroughly mixed.
2. Place a skillet well greased with coconut oil on medium high heat
3. When pan is hot, pour in a quarter cup of batter and swirl it around to coat the bottom of the pan evenly.

4. Cook until the top of batter is set.
5. Tilt the pan and use a silicon spatula to loosen the top edge of the crepes when it is sufficiently crispy on the bottom
6. Carefully flip over or plop on another hot greased skillet to do other side.
7. Serve immediately or keep on a platter in a warm oven until you've cooked the whole batch.
8. Serve plain or with your choice of topping. Yogurt, whipped ricotta cheese, warmed applesauce with cinnamon, or fresh berries all work well.
9. Serve these yummy creations! (Crepes don't keep as well, so make as much as you can comfortably eat!)

Makes 8 crepes for four servings as a side dish.

Also See: [Coconut Flour Crepes](#)

### 4.3. Berried Pancakes



**Serves 4**

#### **Ingredients**

- Coconut Flour, 8 tbsp
- 8 tablespoons organic butter, melted
- 4 large pastured organic eggs
- 4 tablespoons coconut milk (from non-BPA container or fresh)
- Granulated coconut sugar, 2 tsp
- North Atlantic sea salt, ¼ tsp
- One cup of fresh organic blueberries
- ¼ teaspoon baking powder (aluminum and GMO free)

#### **Topping**

- ½ cup plain organic whole fat yogurt
- ⅓ cup chopped soaked then dehydrated walnuts

#### **Instructions**

1. Blend together eggs, oil, coconut milk, butter, coconut sugar, and salt in large mixing bowl.
2. Combine coconut flour and baking powder and mix into the batter.
3. Plop in blueberries
4. Heat about 1 tablespoon coconut oil in a skillet.
5. Spoon batter onto hot skillet to make pancakes about 3 inches in diameter.
6. Batter will be thick but will flatten out when cooking (or you can swirl your pan out to flatten them out yourself)
7. Serve while warm with your favorite toppings low glycemic toppings.

Note: These blueberry pancakes are really great with some plain organic yogurt and walnuts on top

**Also See:** [Coconut Flour Pancakes, Gluten Free and Low Carb](#)

## 4.4. Coconut Flour Mint Brownies



**Serves 9**

### **Ingredients**

- 1/2 cup butter
- 1/2 cup cocoa
- 1/2 teaspoon liquid Stevia
- 1/2 cup coconut flour
- 1/2 tsp salt
- $\frac{3}{8}$  teaspoon peppermint extract
- 1/2 tsp baking powder
- 8 eggs
- 1/2 tsp vanilla
- 2 oz Dagoba Eclipse Extra Dark Chocolate Bar (87% cacao, gluten free)
- 1/2 cup soaked then dehydrated raw finely chopped almonds

### **Instructions**

1. Melt butter in small bowl
2. Combine cocoa, stevia, coconut flour, baking powder, and salt in large bowl.

3. Add eggs to the butter one at a time, stirring after each addition.
4. Add vanilla to egg mixture and stir.
5. Slowly add dry ingredients to the wet ones, stirring well.
6. Chop chocolate bar into chunks and add to mixture.
7. Add almonds, stirring well.
8. Bake at 350 F for about 25 minutes.
9. Cool completely before you cut.

Note: Store any leftovers (if there are any!) in an airtight closed container and enjoy!

Also See: [Paleo Triple Chocolate Mint Brownies](#)



## 4.5. No-Guilt Pumpkin Pie



A lighter version and fewer carbs than the traditional pumpkin pie.

### Ingredients for Crust

- 1/4 cup softened pastured butter, unsalted
- 2 tablespoons unrefined virgin coconut oil, warm
- 1 cup coconut flour
- 3 pastured eggs
- 1 tbsp low glycemic honey
- A pinch of Mediterranean sea salt
- 1/2 cup shredded coconut
- 1 tablespoon purified water

### For Pie Filling:

- Pie tin for baking
- One pound pumpkin puree (preferably fresh)
- 2 large pastured eggs
- 2/3 cup unsweetened coconut milk (preferably carageenan-free)
- 1/3 cup heavy dairy cream

- 1 tbsp of Stevia Concentrate Dark Liquid
- 1 teaspoon dark molasses (optional)
- One teaspoon real Ceylon cinnamon
- $\frac{3}{4}$  teaspoon nutmeg
- $\frac{1}{4}$  teaspoon ground ginger
- Pinch cloves
- $\frac{1}{4}$  t salt
- 1 tablespoon real vanilla

### **Directions**

1. Preheat oven to 425 F
2. Add all ingredients together and blend well with a hand mixer
3. Line dough evenly throughout a deep 9 inch pie pan
4. Put pan into oven and bake 12 minutes after turning down to 375
5. Take out and allow to cool

### **Directions for Filling**

1. Pour filling into pie shell and bake at 425°F for about 15 minutes.
2. After 15 minutes reduce the temperature to 350° Fahrenheit.
3. Bake 40-50 minutes until a toothpick inserted near the center comes out clean or the crust begins to crack..
4. Cool on a wire rack for 2 hours and then serve with your favorite low glycemic toppings like yogurt or cream.

**Note:** The pumpkin pie will come out of the oven puffy, but it will deflate as it cools.

Also See: [Pumpkin Pie with Coconut Flour Crust](#)

And: [Coconut Flour Pie Crust](#)

N.B. [Stevia Info](#)

## 4.6. Almond Butter Coconut Flour Cookies



**Serves 12**

### **Ingredients**

- 1/2 cup coconut flour
- 3/4 tsp baking soda
- 1/4 tsp Mediterranean sea salt (if your almond butter is unsalted)
- 1/2 cup or 1 stick of organic unsalted butter, room temperature
- 3/4 cup almond butter
- 3/4 cup granulated Splenda (or your sweetener of choice)
- 3 organic large eggs
- 1 tsp pure vanilla extract
- 3/4 teaspoon Pure Organic Stevia Powder by Kal

### **Directions**

1. Preheat oven to 350 degrees F.
2. In a small bowl mix coconut flour, baking soda and salt and then set aside.
3. In a separate bowl, mix butter & almond butter with a mixer until combined.

4. Slowly add in stevia and mix until fluffy and combined thoroughly
5. Add your eggs one at a time while your mixer is still running.
6. Then do the same with vanilla extract until mix is thoroughly combined.
7. Slowly add the mix of coconut flour, baking soda and salt.
8. Once they are combined, put mix on medium high until the mixture is smooth.
9. Line a cookie sheet with parchment paper, scoop about 1 tablespoon of dough on corner of baking sheet, rolling into a ball about one inch wide.
10. Repeat process for the rest of the cookies (cookies do not rise much so they can be set fairly close to each other but should be evenly spaced).
11. Using a fork with dipped in coconut oil, press down on each ball left to right, then top to bottom, making the cookie traditional crisscross pattern.
12. Bake for about 9 minutes (you can slightly vary the times to get different textures) at 365 degrees.
13. Let cool for storage in airtight plastic container in a cool place or enjoy immediately!

See also: [\*\*Peanut Butter Coconut Flour Cookies\*\*](#)

## 4.7. Coconut Custard Pie



**Serves 6**

### **Ingredients**

- 4 large pastured organic eggs
- 2 cups coconut milk
- 1/4 cup room temperature organic unrefined virgin coconut oil
- 1/2 cup low glycemic real honey
- 1/2 cup organic coconut flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon Mediterranean sea salt
- 1 tablespoon real vanilla extract
- 1 cup dried fine shredded coconut

### **Instructions**

1. Preheat your oven to 325 degrees °F.
2. Blend together all the ingredients until thoroughly mixed
3. Pour batter into a pie dish thoroughly greased with coconut oil.

4. Bake for 55 minutes in the preheated oven.

5. Serve warm (or cold the next day for breakfast!) with your favorite toppings.

See Also: **Coconut Custard Pie**

## 4.8. Coconut Flour Pumpkin Bars



These are bars that taste like pumpkin pie yumminess!

**Serves 12**

### **Ingredients**

- 16 oz. pumpkin puree
- $\frac{3}{4}$  cup coconut flour
- $\frac{3}{4}$  cup low glycemic honey
- $1\frac{1}{2}$  teaspoons ground cinnamon
- $\frac{3}{4}$  teaspoon ground ginger
- $\frac{1}{4}$  teaspoon ground cloves
- $\frac{3}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon of ground nutmeg
- $\frac{1}{4}$  teaspoon Mediterranean sea salt
- 2 large organic eggs
- 3 tbsps coconut oil to grease pan
- $\frac{1}{2}$  cup soaked then dehydrated walnuts

## Instructions

1. Preheat the oven to 350 F
2. Grease a baking dish 9 in by 9 well with coconut oil.
3. Combine all ingredients except walnuts in a large mixing bowl, stirring well until no clumps remain.
4. Add walnuts
5. Transfer batter to the greased baking dish, using spatula to smooth the top.
6. Bake at 350 Farenheit for 45 minutes, until the edges are golden and the center is firm.
7. Allow to cool completely
8. Cut into squares and serve.
9. Enjoy this portable snack you can wrap in aluminum foil or parchment paper with a rubber band or tape on the outside

Note: Can store in in the fridge for up to a week.

See Also: [Coconut Flour Pumpkin Bars](#)



## 4.9. Baked Gluten-Free and Grain-Free Vanilla Cardamom Donuts



**Serves 4 from 9 small donuts**

### **Ingredients:**

- 1/2 cup coconut flour
- 1/8 teaspoon baking soda
- 3/4 teaspoon baking powder (aluminum & GMO free)
- 1/4 cup coconut sugar (or equivalent Stevia)
- 1/4 teaspoon cardamom + 1/4 teaspoon for topping
- 1/4 teaspoon real Ceylon Cinnamon
- 2 large organic eggs, room temperature
- 2 tablespoons unrefined virgin coconut oil
- 1/2 cup warm water

### **Directions:**

1. In a bowl place all dry ingredients into bowl and whisk together. Set aside.
2. Next grab the coconut sugar (or Stevia substitute), coconut oil, and egg, and whisk them together in a mixing bowl. Once it is all mixed together, add rest of dry ingredients and to stir the donut batter.

3. Add warm water to the batter and stir until smooth and combined.
4. Scoop your donut batter with a spoon onto a pan covered with non-bleached parchment paper, so that they are in the form of fat little rings (you can also use a donut maker and cook for much less time) evenly spaced throughout sheet.
5. Once rings are completed, let bake for about 12 minutes, checking to see if they are done by prying off parchment carefully with a knife.
6. Repeat process till all our the donut batter has been used.
7. Remove the donuts from the pan with the same dull knife.
8. You can now very lightly coat each donut in coconut oil and toss in your favorite low glycemic coatings or toppings.
9. Enjoy!

Also See: [\*\*Gluten Free Vanilla Cardamom Cake Donuts Baked Donuts\*\*](#)

## 4.10. Gluten Free Coconut Flour Chocolate Chip Cookies



(Gluten free and dairy free)

**Serves 6**

### **Ingredients**

- 1/2 cup unrefined warm virgin coconut oil
- 1/2 cup granulated coconut sugar
- 1/2 tablespoon real vanilla extract
- 4 large organic eggs
- 1/8 teaspoon Himalayan sea salt
- 1/4 teaspoon Real Ceylon cinnamon powder
- 1 cup sifted coconut flour
- 1/2 cup shredded coconut
- 3/4 cup non-GMO chocolate chips

### **Instructions**

1. Preheat oven to 375 degrees Fahrenheit.

2. Mix together coconut oil, sugar, vanilla, eggs, cinnamon, and salt together.
3. Blend thoroughly.
4. Then add flour, coconut, and chocolate chips and mix again thoroughly.
5. Use a small scoop to plop little blobs of dough on a parchment lined baking and then squish them down and smooth out a bit with a spatula to resemble little cookies.
6. Bake your cookies about  $\frac{3}{4}$  inches apart in the preheated oven for about 15 minutes until lightly browned.
7. Serve and enjoy!

Note: These cookies keep for about one week in a tightly closed plastic container in a cool dry place.

Also See: [Coconut Flour Chocolate Chip Cookies](#)

## 4.11. Gluten-Free Fudgy Bean Brownies



### Ingredients

- 1 cup organic virgin coconut oil
- $\frac{3}{4}$  cup coconut sugar
- 1  $\frac{1}{2}$  cup dark chocolate chips
- 6 tbsp raw cacao powder
- 4 large eggs
- 2 tsp vanilla extract
- 1  $\frac{1}{2}$  cup coconut flour
- 1 cup soaked and sprouted black beans, pureed
- 1 tsp. baking powder (aluminum and GMO free)
- $\frac{1}{4}$  tsp. Mediterranean sea salt
- 1  $\frac{1}{4}$  cup whole coconut milk (preferably fresh)
- $\frac{1}{2}$  cup chopped soaked then dehydrated walnuts
- $\frac{1}{4}$  cup shredded coconut
- $\frac{1}{2}$  cup dark non-GMO chocolate chips

## **Preparation**

1. Preheat oven to 350 degrees and pre-grease an 11 x 8 pan with coconut oil and then dust it with two tablespoons of the cacao powder.
2. Place coconut oil, the coconut sugar (or stevia), and 1 ½ cup of chocolate chips in a saucepan and melt the conglomeration on low heat, stirring until well-blended and smooth.
3. Sprinkle in the cacao powder and stir again.
4. Remove the pan from the heat and set it aside to cool.
3. Beat the eggs and vanilla extract with an electric mixer until the mix is frothy.
4. Then, on low speed, mix in room temp chocolate mixture, adding coconut flour, black beans, baking powder, sea salt, and coconut milk, beating after adding each ingredient.
5. Gently fold walnuts, coconut, and chocolate chips into mixture.
4. Pour mixture into prepared pan and bake for 30 minutes, or until the top is slightly crisp and the edges begin to pull away from the pan.
5. Allow the brownie cake to cool in the pan, and then flip pan over, releasing the brownies.
6. Cut into squares and serve.

Also See: [Gluten, Grain, and Dairy Free Fudgy Bean Brownies](#)

## 4.12. Paleo Pumpkin Muffins Recipe



**Serves 6 from 12 muffins**

### **Ingredients:**

- 6 large organic eggs
- 1 cup pumpkin puree (preferably organic)
- 1 cup sifted coconut flour
- 1/2 cup organic unrefined coconut oil
- 1/3 cup low glycemic honey (this one about 40 GI)
- 2 teaspoons pumpkin spice
- 2 tsp real vanilla
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1/2 cup chopped hazelnuts

### **Directions:**

1. Combine dry ingredients in small bowl and mix together with a whisk
2. Use medium mixing bowl and combine wet ingredients thoroughly, until mixed well
3. Slowly add dry ingredients to your wet mix until mixture becomes thick and dry mix is used up.
4. Add in hazelnuts and mix again.
5. Pour your batter into a parchment lined muffin pan.
6. Bake your creation-in-the-making at 350 degrees for 30 minutes.
7. Let cool or enjoy nice and warm with some delicious butter!



## 5. Thank You

We at **Coconut Country Living** would like to thank you for reading **Low Glycemic Coconut Flour Recipes: A Panoply of Delight**. We've worked hard to bring the best recipes that are great for your health and we'd love your feedback. The two easiest ways to reach us are on [Twitter @cococountrylife](#) or via our [contact form](#) at [CoconutCountryLiving.com](#).

When I was a young person, I really wasn't too worried about what all those peanut butter and marshmallow sandwiches or bowls of Ramen noodles were doing to me. Nor did I think that my body could heal itself from being so very sick.

Hey, we are here to let you know that you **can** meet your health goals with a bit of creativity and persistence. Sure, those goals should be realistic, but sometimes truth is stranger than fiction.

To help you boost your journey, we'd like to reward you for taking charge of your health. We are offering a very special price on our 5-star organic coconut flour for all of our subscribers when you click the link below. Unfortunately, we can't keep this price this low forever, but we can until January (check out the reviews!)

-- Michael

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Our Other Gluten Free Book

