

# Coconut Flour Bread

*\*SCD Legal/ Grain Free\**

## Ingredients

4 whole eggs  
3 eggs separated  
4-5 Tbsp butter (or coconut oil)  
1 Tbsp unpasteurized honey  
½ tsp sea salt  
1 tsp baking soda  
¾ cup coconut flour  
2 Tbsp applesauce or SCD yogurt  
Unsweetened shredded coconut to garnish

## Directions

1. Preheat oven to 350C
2. Using a hand blender, beat egg whites until they are stiff and set aside
3. In a bowl, combine the whole eggs and yolks, honey, butter and yogurt or applesauce and beat until smooth.
4. Add coconut flour, salt and baking soda and mix well.
5. Fold in egg whites until well mixed
6. Line bread pan with parchment paper and oil to ensure bread won't stick to pan and pour in batter
7. Top with unsweetened coconut if you wish to give the bread a nice garnish
8. Bake for 30 minutes
9. Cover with parchment or tin foil and return to oven for another 10 minutes
  - ❖ This ensure the bread is cooked all the way through without burning the top and coconut
10. Cool completely before removing from pan
11. Once cooled wrap in wax paper and refrigerate
12. Loaves can be frozen for later use or dried out for grain free stuffing mix

*Gastrochef.wordpress.com*