



Organic Coconut Flour

Gluten-free, high fiber & high protein



Tropical Traditions organic coconut flour is fiber from the coconut meat after most of the oil has been extracted to make Virgin Coconut Oil. It is certified organic, unsweetened, and has not been treated with sulfites. Tropical Traditions organic coconut flour is high in dietary fiber and protein, and is gluten-free. It has more fiber than gluten-based grains. Tropical Traditions organic coconut flour can be added to standard wheat-based recipes to

add extra fiber, by substituting 10–30% of the grain-based flour with our coconut flour. Some recipes, such as muffins and quick breads, can be accomplished with 100% Tropical Traditions organic coconut flour and therefore be 100% gluten-free! (See some sample recipes below.) Since organic coconut flour contains natural sugar from the coconut meat, baked goods need less sugar added. The organic coconut flour has a mildly sweet coconut taste!

Tropical Traditions organic coconut flour also contains over 19% non-gluten protein! Therefore, it makes an excellent addition to shakes and smoothies where fiber and protein are needed. Or simply dissolve a spoonful in water as a high-fiber drink with a coconut flavor! This organic coconut flour is very versatile and very tasty. Sprinkle it over your favorite dishes to add a wonderful coconut flavor, use it as a thickener in soups and sauces—the possibilities are endless!

Nutrition Facts	
Serving Size 3.5 oz (100 grams)	
Servings 10	
Amount Per Serving	
Calories 413.4	Fat Cal. 77.06
%Daily Value*	
Total Fat 8.7g	13%
Saturated Fat 8.0g	40%
Transfat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 64.8g	22%
Dietary Fiber 38.5g	154%
Sugars 8.7g	
Protein 19.3g	38%
Iron 5%	

*Percent Daily Values are based on a 2,000 calorie diet.

Banana Coconut Flour Muffins

Ingredients:

- 1 cup organic coconut flour
- 6 eggs
- 2 ripe bananas (mashed)
- 2 Tbsp. melted butter
- 2 Tbsp. Virgin Coconut Oil
- 2 Tbsp. milk
- 3 Tbsp. honey
- 1 tsp. aluminum free baking powder
- ½ tsp. vanilla
- ⅛ tsp. Himalayan salt

Procedure:

Pre-heat oven at 350 degrees F.

Mix coconut flour and baking powder (put it in separate bowl). In a mixing bowl, beat eggs gradually, and then add milk, honey, coconut oil, butter, vanilla and salt. Continue mixing. Then add the coconut flour with baking powder and mashed bananas. Blend well. Grease 12 muffin cups with coconut oil. Fill greased muffin cups with the batter.

Bake at 350 degrees F for 20 minutes.

Yield: 12 muffins

Coconut Cream-Cheese Squares

Ingredients:

- 1 box (8 oz.) organic cream cheese (soften)
- 1 stick butter
- 1 cup organic coconut flour
- ½ cup organic whole sugar
- 4 large eggs
- 2½ tsp. organic vanilla extract
- 1 Tbsp. Virgin Coconut Oil

Procedure:

Pre-heat oven at 350 degrees F. Brush pan with coconut oil.

Beat butter and cream cheese in a mixing bowl with an electric mixer. Mix until light and fluffy. Add eggs one at a time. Beat well. Add sugar gradually, continue mixing. Add coconut flour and vanilla; beat until well blended.

Pour batter into a 11x7 inches rectangular pan (pre-greased, see above.)

Bake at 350 degrees F for 30 minutes.

Cool the pan on a wire rack for 10 minutes.

Slice into squares.



Pumpkin-Coconut Squares

Ingredients:

1 can - 15 oz Organic Pumpkin Pie Mix
½ cup organic coconut flour
1 tsp. aluminum free baking powder
3 eggs
2 Tbsp. of Coconut Cream Concentrate dissolved in ¼ cup water
2 Tbsp. butter
2 Tbsp. Virgin Coconut Oil

Procedure:

Pre-heat oven at 350 degrees F.

Mix the coconut flour with baking powder. Set aside. Blend all the rest of the ingredients and then mix with the coconut flour and baking powder mixture. Mix well. Grease an 8x12 rectangular pan with coconut oil. Pour the mixture on the pan.

Bake at 350 degrees F for 45 minutes.

Test to see if it is already done by inserting a clean toothpick in the middle. When the toothpick comes out clean or with no residue, the mixture is done.

Cool down. Cut into squares.

Lemon-Lime Coconut Flour Muffins

Ingredients:

⅔ cup organic coconut flour
6 eggs
⅓ cup Rapadura whole sugar
2 Tbsp. Virgin Coconut Oil
2 Tbsp. melted butter
2 Tbsp. milk
1 Tbsp. lemon juice
2 tsp. lime juice
1 tsp. grated lemon peel
1 tsp. grated lime peel
1 tsp. aluminum free baking powder
⅛ tsp. Himalayan salt

Procedure:

Pre-heat oven at 350 degrees F.

Mix coconut flour and baking powder, and then set aside. In a mixing bowl, beat the eggs and gradually add milk, butter, lemon juice, lime juice, grated lime peel, grated lemon peel, and salt. Continue mixing. Gradually add the coconut flour with baking powder. Blend well. Grease 12 muffin cups with coconut oil. Fill the greased muffin cups with batter.

Bake at 350 degrees F for 20 minutes.

Yield: 12 muffins

Coconut Smoothie

Ingredients:

10–12 ice cubes
1 cup of water
1–2 Tbsp. protein powder (preferably from goat's milk)
1 Tbsp. Virgin Coconut Oil
1 Tbsp. flax seeds ground
1 tsp. pure vanilla extract
3–4 Tbsp. organic coconut flour (more if you want it thicker)

Procedure:

Place all ingredients in a blender and process at high speed until well combined. You may need more or less ice, depending on how cold you like a smoothie.

Coconut Flour Chocolate Cake (Gluten Free)

Ingredients:

1 cup butter - softened
1⅔ cups sugar
10 eggs (at room temperature)
½ teaspoon vanilla extract
2 cups organic coconut flour
1 cup unsweetened cocoa powder
1½ tsp. baking soda
½ teaspoon baking powder
1 tsp. salt
1⅓ cup milk or half n half
Virgin Coconut Oil

Procedure:

Pre-heat oven at 350 degrees F. Grease two 9 inch or 8 inch layer pans with coconut oil and dust with cocoa powder.

In an electric mixer fitted with the paddle attachment, combine butter and sugar, and beat together for about 2 minutes. Add eggs in one at a time and beat high speed for about 3 minutes. Add in the vanilla while beating the eggs and butter mixture. In a separate bowl, combine the dry ingredients together and add alternately with the milk to the butter mixture. Beat batter for about 5 minutes on high speed. Spoon batter into the two prepared cake pans and smoothen out tops. Bake at 350 degrees F for 30–35 minutes or until toothpick inserted into the center of cake comes out clean. Place pans on wire rack and cool for 10 minutes before removing from pans. Cool cakes completely before frosting. Use your favorite frosting to frost the cake.

Coconut Flour Brownies (Gluten Free)

Ingredients:

1 - 8 oz. box cream cheese softened
½ cup butter (1 stick) softened
1 cup organic coconut flour
¾ cup sugar
4 eggs
2 tsp. vanilla
⅓ cup heavy cream
⅓ cup cocoa powder
½ cup walnuts chopped
Virgin Coconut Oil

Procedure:

Pre-heat oven at 350 degrees F. Brush both sides and bottom of 11x7 pan with coconut oil.

Whip butter, sugar, and cream cheese with electric mixer on high speed until light and fluffy, scrape bowl after each addition. Add cocoa powder, and heavy cream; beat well. Add eggs one at a time and whip until the mixture looks like a smooth, creamy, fluffy chocolate pudding. Add flour and vanilla to the chocolate mixture and whip on medium speed and then turn up to high speed and beat until mixture becomes stiff and color becomes a little paler.

Pour chocolate mixture into prepared pan and sprinkle chopped nuts on top and pat nuts gently into batter. Bake at 350 degrees F for 30 minutes, or until toothpick inserted in center comes out clean. When done, place pan on wire rack and cool completely. Enjoy!!

Chocolate Fudge Brownies (Gluten Free)

Ingredients:

1 cup butter
2 cups brown sugar
8¼ oz. bittersweet chocolate
2+ Tbsp. brown rice syrup
4 eggs
2 tsp. vanilla extract
1½ cup organic coconut flour
4 Tbsp. unsweetened cocoa
1 tsp. baking powder
¼ cup heavy cream

Procedure:

Pre-heat oven at 350 degrees F. Grease and dust an 11x8 pan with coconut oil and cocoa powder.

Place butter, sugar, chocolate, and brown rice syrup in a medium sized pot and melt on low heat, stirring until everything is well blended and smooth. Sift in the cocoa powder. Remove from heat and set aside to cool. Beat the eggs and vanilla extract together with an electric mixer until frothy. Then on low speed, mix in cooled chocolate mixture and sugar. Alternatively add in the flour, heavy cream, baking powder, beating mixture after each addition.

Pour mixture into the prepared pan and bake the brownies in the pre-heated oven for 30 minutes or until the top of the brownies is crisp and the edges begin to pull away from the pan. (The inside of the brownies will be dense and soft to the touch.) Cool the brownies in the pan on a wire rack until cool. Dump the brownie out of the pan and cut into bars and serve. Frost with chocolate or vanilla frosting if desired. Enjoy!!

Yield: 24 bars

Coconut Corn Cakes (Gluten Free)

Ingredients:

1 cup fresh sweet corn (corn cut from 2 ears of corn)
¼ cup chives, garlic chives, or small green onions, chopped
2 eggs
2 tablespoons virgin coconut oil, melted
¼ cup coconut flour
¼ cup corn masa flour (or fine cornmeal)
½ teaspoon salt
¼ teaspoon black pepper
2 tablespoons olive oil, coconut oil, or butter

Procedure:

In a blender or food processor whirl ¾ of the corn and chives until lightly pureed. Empty into a bowl and add eggs and 2 tablespoons coconut oil. Mix well. Add coconut flour, cornmeal, salt and pepper. Mix thoroughly but gently.

Heat additional oil or butter on cast iron griddle over medium-low heat. Place large spoonfuls of batter into skillet. Flatten gently and cook until golden brown. Flip and cook other side.

Serve with butter, hot sauce, sour cream or desired condiments. Yum!!

Pumpkin Muffins (Gluten Free)

Wet Ingredients:

4 eggs
1 cup coconut oil - warmed to liquid
1-15 oz. can pumpkin (puree)
1 tablespoon molasses - optional

Dry Ingredients:

1 cup rapadura or sucanat
1 cup sweet brown rice or brown rice flour
1 cup coconut flour
1 teaspoon salt
1 teaspoon baking soda
1½ teaspoons baking powder
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves
¼ teaspoon allspice
cup chopped nuts - optional

Procedure:

Place muffin papers into a 12-muffin baking pan or generously grease muffin tins with butter.

In a large bowl, beat eggs and sugar together until light and fluffy for about 5 minutes with an electric mixer on medium-high speed. Add coconut oil, pumpkin, and (optional) molasses and beat until creamy.

In a separate bowl combine the rest of the dry ingredients. Add mixture to the pumpkin mixture and mix until well combined. Stir in nuts, if using.

Spoon batter into prepared muffin cups. Pre-heat oven to 350 degrees Fahrenheit. Allow muffins to sit for a few minutes while the oven is pre-heating to help with rising. Bake for 40–50 minutes until toothpick comes out clean and centers are firm to the touch.

Delicious spread with grass-fed butter!

Yellow Cake (Gluten Free)

Ingredients:

2½ sticks butter - softened
1½ cup organic sugar
8 large eggs – at room temperature
2 egg yolks – at room temperature
2 cups coconut flour, sifted
2 teaspoons baking powder
¼ teaspoon salt
1½ cups of milk (or half n half) + 1 tablespoon
1 tablespoon vanilla
Coconut oil

Procedure:

Pre heat oven to 350 degrees. With a pastry brush, grease two round 9 or 8 inch cake pans with coconut oil and dust with coconut flour.

In the bowl of an electric mixer fitted with the whisk attachment, beat the butter and sugar together for about five minutes on medium high speed, until light and fluffy, scraping bowl occasionally. Add the egg yolks into the butter and sugar mixture and beat together until well blended. Add the rest of the eggs in one at a time, beating mixture after each addition. In a separate bowl, combine all the dry ingredients together. Add the vanilla to the milk. With mixer on low speed, add the flour and milk to the butter and egg mixture, scraping bowl when needed. When all the milk and flour mixture is used up, beat the cake batter together for about five minutes, until the color is a bit lighter and the batter is light and fluffy.

Spoon the batter into the prepared cake pans and smoothen out the tops. Bake in a 350 degree oven for about 30–35 minutes, or until toothpick inserted in center of cake comes out clean.

Place the cake pans on a wire rack and let it cool for about five minutes in the pan. Run a butter knife along the edges of the cakes before removing from pan. When cakes are completely cool, frost with Marshmallow Frosting or Chocolate Ganache. Enjoy!!

Procedure:

Place sugar, cream of tartar, salt, water, and brown rice syrup in a saucepan or pot. Cook and stir over medium heat until sugar is completely dissolved, forming a syrup.

Place egg whites in a mixer bowl and whip on high speed with an electric mixer for about 45 seconds, or until egg white begin to hold their shape. Continue beating on high speed while slowly pouring hot syrup into egg whites in a fine stream. Whip for about 5 minutes longer, or until frosting loses its gloss and stands in stiff peaks. Frost cake immediately. Enjoy!!

Marshmallow Frosting

Ingredients:

1½ cups organic white sugar
½ teaspoon cream of tartar
½ teaspoon salt
½ cup water
1½ tablespoons brown rice syrup
2 egg whites
1½ teaspoon vanilla