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Coconut Flour Bread ♦

Coconut Flour Bread is a gluten-free and grain-free bread made with coconut flour as the main ingredient. It is a popular choice for those following a vegan or paleo diet. This bread is light, fluffy, and has a slightly sweet coconut flavor. It can be enjoyed as a breakfast toast, sandwich bread, or as a snack.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 40 mins

Total Time: 55 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Coconut Flour
2 tsp	baking powder
1 tsp	salt
100 g	coconut oil
3 tbsp	maple syrup

250 ml	almond milk
1 tbsp	apple cider vinegar
2 tbsp	flaxseed meal
6 tbsp	Water

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C). Grease a loaf pan with coconut oil or line it with parchment paper.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, mix together the coconut flour, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Whisking

In a separate bowl, whisk together the melted coconut oil, maple syrup, almond milk, apple cider vinegar, flaxseed meal, and water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Pour the wet ingredients into the dry ingredients and stir until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Transfer the batter into the greased loaf pan and smooth the top with a spatula.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 35-40 minutes or until a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 35 mins

Step 7

Cooling

Remove from the oven and let it cool in the pan for 10 minutes. Then transfer to a wire rack to cool completely before slicing.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 150 kcal

Fat: 12 g

Protein: 4 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	12 g	42.86%	48%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Easter

Valentine's Day

Graduation

Picnic

Cuisines

Italian Chinese French

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Calcium

Course

Breads

Cultural

Chinese New Year

Cost

Over \$50

Diet

Ovo-Vegetarian Diet

Meal Type

Brunch Snack Supper

Difficulty Level

Easy

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