



a : coconut flour cake with coconut frosting



Gluten Free



Dairy Free



Popular

READY IN



65 min.

SERVINGS



8

CALORIES



675 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp baking soda
- ☐ 2 cups coconut spread (available here)
- ☐ 1 tsp coconut extract
- ☐ 2 cups coconut flour
- ☐ 2 cups coconut milk
- ☐ 0.5 cup virgin coconut oil (available here)
- ☐ 8 servings coconut oil for greasing the pan
- ☐ 12 eggs

- ☐ 1 cup up honey
- ☐ 0.5 tsp orange extract
- ☐ 0.3 tsp unrefined sea salt
- ☐ 1 tsp vanilla extract

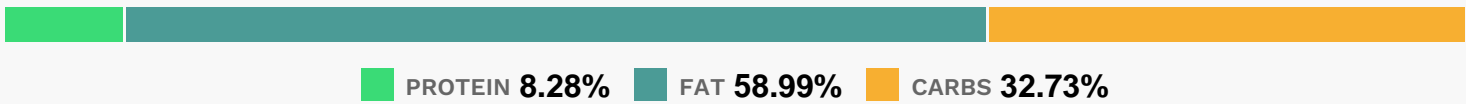
Equipment

- ☐ oven
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Preheat the oven to 350 degrees Fahrenheit. Beat a dozen eggs, two cups coconut milk and up to three-quarters of a cup of honey together with vanilla, coconut and orange extracts until smooth, creamy and uniform in both color and texture. Dump two cups coconut flour, a half-teaspoon baking soda and a quarter teaspoon unrefined sea salt into the mixture of eggs, honey and extracts, and continue to beat until a smooth batter forms. Grease and flour two eight-inch cake tins.
- ☐ Pour, or spoon, the cake batter into the greased and floured tins, shaking them to even out the batter and smoothing it with the back of a spoon or with a rubber spatula.
- ☐ Bake in an oven preheated to 350 degrees Fahrenheit for about forty minutes, or until the cake separates from the sides of the tin and a toothpick inserted into the cake’s center comes out clean. Allow the cake to cool completely before removing from the tin and frosting with the coconut frosting below. Beat all ingredients for the frosting together until thoroughly combined. Refrigerate the frosting for five to ten minutes so that it stiffens a bit.
- ☐ Remove from the refrigerator, beat for about one minute. Frost your cake.

Nutrition Facts



Properties

Glycemic Index:25.41, Glycemic Load:19.92, Inflammation Score:-2, Nutrition Score:13.2282607063%

Nutrients (% of daily need)

Calories: 674.81kcal (33.74%), Fat: 45.83g (70.51%), Saturated Fat: 36.72g (229.51%), Carbohydrates: 57.21g (19.07%), Net Carbohydrates: 44.76g (16.28%), Sugar: 38.52g (42.8%), Cholesterol: 245.52mg (81.84%), Sodium: 321.49mg (13.98%), Alcohol: 0.39g (100%), Alcohol %: 0.2% (100%), Protein: 14.48g (28.96%), Fiber: 12.44g (49.78%), Manganese: 0.79mg (39.46%), Selenium: 22.62µg (32.32%), Iron: 4.46mg (24.8%), Phosphorus: 209.28mg (20.93%), Vitamin B2: 0.32mg (18.99%), Copper: 0.28mg (13.83%), Vitamin B5: 1.19mg (11.87%), Folate: 44.98µg (11.24%), Magnesium: 41.3mg (10.32%), Zinc: 1.49mg (9.91%), Vitamin B12: 0.59µg (9.79%), Potassium: 310.32mg (8.87%), Vitamin D: 1.32µg (8.8%), Vitamin B6: 0.15mg (7.46%), Vitamin A: 356.4IU (7.13%), Calcium: 52.81mg (5.28%), Vitamin E: 0.76mg (5.06%), Vitamin B1: 0.05mg (3.48%), Vitamin B3: 0.57mg (2.87%), Vitamin C: 1.44mg (1.74%)