



Coconut Flour Bread

Ingredients

1/2 cup coconut flour
1/2 cup of buckwheat flour
1/2 cup full cream can of coconut milk (use only the creamy part on the top, about half the can)
5 eggs
2 tablespoons coconut oil
1/2 teaspoon sea salt
1 teaspoon aluminium-free baking powder
Stevia, to taste



Method

Grease a loaf pan with coconut oil and line base with grease proof paper. Blend together the eggs, coconut oil, stevia and salt. Now add the coconut flour, coconut milk, buckwheat flour and baking powder, then whisk until you don't see any lumps. Pour into loaf pan and bake at 175C (350F) for 40 minutes. Now the top of the loaf should be firm and a light golden colour and you can remove from the oven and allow it to cool.