

WHY ALMOND FLOUR AND COCONUT FLOUR

In my family we treat corn, carrots, potatoes, and white rice as if they were sweets (i.e. sugar = excess weight gain). They are all simple carbs as are most of the products made from them (chips, cereal, and snacks). So we rarely use alternative flours made from corn, rice or potatoes. Remember 4 grams of carbohydrates equal 1 teaspoon of sugar in our body!

Whenever I bring a baked item to a party, I am always asked: Why almond flour? Almond flour is highly nutritious, easy to use and readily available. Almond flour is high in protein and low in sugar. Unlike other alternatives to wheat flour, almond flour is moist and delicious. I have tested about every gluten-free flour and I can save you a lot of time experimenting when I say that almond flour is far better than others in taste and nutrition.



It is important to use **blanched almond flour**. Most recipes will not work with unblanched; most almond meal (found at Trader Joe's) is made with unblanched almonds. Unblanched means the dark outside is on the almond; it created a different texture in baking, which doesn't work as well.

Purchasing almond flour at the grocery store is a rip-off! They charge more than \$15 per pound. I usually buy unblanched almonds at Sam's Club and grind them into flour myself. Yes, still expensive, but packed with nutrients, protein and flavor, so for me, totally worth the cost.

I also use coconut flour a lot. Coconut flour is unlike any other consisting of 14% coconut oil and 58% dietary fiber! The remaining 28% consists of water, protein, and carbohydrate. If you haven't tried coconut flour yet, here are some more excellent reasons to start:

- **Coconut Flour is ideal for baking.** It has fewer digestible carbohydrates than other flours, and it even has fewer than many vegetables!
- **Coconut Flour is *gluten-free* and hypoallergenic.** With as much protein as wheat flour, coconut flour has none of the specific protein in wheat called "gluten". This is an advantage for a growing percentage of the population who have a wheat sensitivity or allergy (many people have without knowing it).
- **Coconut Flour consists of the highest percentage of dietary fiber (58%) found in any flour.** Wheat bran has only 27% fiber.
- **Coconut Flour can help you reach a healthy weight.** Ideal for those who are concerned about blood sugar levels, coconut flour works well as part of a weight loss program because it has high fiber, and foods with high fiber can help promote a feeling of fullness.

ALMOND FLOUR RECIPES

CHOCOLATE CHIP COOKIES

2 ½ cups blanched almond flour
½ teaspoon sea salt
½ teaspoon baking soda
½ cup butter
1 tablespoon vanilla extract
½ cup agave nectar
½ cup dark chocolate 73%



Combine dry ingredients in a large bowl. Stir together wet ingredients in a smaller bowl. Mix wet ingredients into dry. Form ½ inch balls and press onto a parchment lined baking sheet. Bake at 350° for 7-10 minutes. Cool and serve.

EASY BREAD

2 ½ cups blanched almond flour
½ teaspoon sea salt
½ teaspoon baking soda
3 eggs
1 tablespoon agave nectar
½ teaspoon apple cider vinegar



In a large bowl, combine almond flour, salt and baking soda. In a medium bowl, whisk the eggs, and then add agave and vinegar. Stir wet ingredients into dry. Scoop batter into a small (approx. 6 x 3 inch) well greased loaf pan. Bake at 300° for 45-55 minutes on bottom rack of oven; until a knife comes out clean. Cool and serve.

SAVORY PECAN FLAT BREAD CRACKERS

1 ½ cups blanched almond flour
¾ tsp. iodized sea salt
½ tsp. onion powder
¼ tsp. thyme or rosemary
½ cup very finely chopped pecans
1 egg
1 TBS olive oil



Preheat oven to 350 degrees F. Stir together almond flour, sea salt, onion powder, thyme, and pecans. Whisk the egg in a smaller bowl until frothy. Add oil and whisk again. Pour egg mixture into dry mix and stir until well blended. Line 14-by-10-inch stainless steel baking sheet with parchment paper. Drop heaping tablespoons of dough on paper, allowing at least 1 ½ inches between each mound. Place another piece of parchment paper over the dough. Roll over parchment paper-covered dough with rolling pin until each mound is about 1/8 inch thick. Remove top parchment paper. Smooth edges and bake for 10 minutes. Flip each flatbread over with spatula, allow to cool and enjoy with your favorite cheese.