

# WHY Coconut Flour and Almond Flour

## Almond Flour

In my family we treat corn, carrots, potatoes, rice...starchy foods, as if they were sweets (starch and sugar = excess weight gain). They are all starchy carbohydrates as are the products made from them (chips, cereal, rice cakes and snacks). So we never use alternative flours made from corn, rice or potatoes. Remember 4 grams of carbohydrates equal 1 teaspoon of sugar in our body!

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. It makes a fine cookie, but it won't be as soft as a baked item made of 'white flour.'

**Blanched Almond Flour:** Made from finely ground blanched almonds, almond flour is high in vitamin E and magnesium and delicate in flavor and texture; and it's ideal for dessert pizzas. Baking with almond flour requires using more eggs to provide more structure. Use it in cakes, cookies, and other sweet baked goods. I buy mine at <http://store.honeyvillegrain.com/>

## Coconut Flour

Coconut Flour is very high in fiber, low in carbohydrates and a good source of protein. It gives baked goods a rich, springy texture but needs a lot more liquid than other flours. If you haven't tried coconut flour yet, here are some more excellent reasons to start:

1. **DIABETICS:** Coconut Flour consists of the highest percentage of dietary fiber found in any flour. Fiber helps moderate swings in blood sugar by slowing down the absorption of sugar into the blood stream. This helps keep blood sugar and insulin levels under control.
2. **CANCER:** Coconut flour is fermentable and produces high amounts of butyric acid which helps in stopping tumor formation. Studies have proven that butyric acid slows the growth of tumor cells and prompt all cells to develop properly. Coconut fiber also promotes good bacteria flourish which boosts our immune system. The high fiber content acts like a broom, sweeping the intestinal contents through the digestive tract. Parasites, toxins, and carcinogens are swept along with the fiber. This prevents toxins that irritate intestinal tissues and cause cancer from getting lodged in the intestinal tract (decreases colon cancer). Since it is low carb, it also helps people maintain a low carb/sugar diet to stop feeding the cancer glucose which the cancer "feeds" upon.
3. **HEMORRHOIDS:** The high fiber content can help move things along. Just remember to



consume extra water when you add in fiber or things can get worse!

4. GALLSTONES: Gallstones form within the gallbladder as a result of collection of cholesterol and salts from bile. Bile plays an important role in the absorption of fats from the intestinal tract because it makes fats soluble. Most bile is formed in the liver. A low carb, high fiber diet with LOTS of liquids will help keep this painful condition away!

5. IBS/Crohn's/COLITUS: IBS is a disorder of the nerves in the intestines that make the bowel muscle contract. Coconut flour can help keep the intestines flowing properly.

6. CANDIDA, CRAVINGS and DEPRESSION: The intestines crave good bacteria which improves absorption of vitamins, decreases cravings and increases serotonin. Good bacteria flourish when we eat high-fiber quality food. Yeasts causes an imbalance, letting bad bacteria in; they love sugar and starch. Yeast and bad bacteria damages the intestinal wall and produces toxic by-products which can be absorbed into the blood and sent throughout the body. This is how food allergies and leaky-gut syndrome begins.



7: HEART DISEASE/STROKE/BLOOD PRESSURE: Studies have proven that coconut fiber protects against heart attacks and strokes; it helps reduce cholesterol. Even modest increases in fiber intake can also significantly reduce blood pressure.

8. NO PHYTATES: Most fibrous foods such as seeds, wheats, and oats have phytic acid. This acid causes mineral deficiencies because it binds to minerals in the foods we consume (calcium, zinc and iron). Phytic acid pulls them out of the body resulting in mineral deficiencies. Coconut fiber does not contain phytic acid so it helps improve mineral status when you replace this for wheat flour in your baked goods.

9. WEIGHT LOSS: It has fewer digestible carbohydrates than other flours, and it even has fewer than many vegetables! It also helps keep you fuller longer.

10. HEART BURN/INDIGESTION: The most obvious remedy is to avoid all those foods which can cause heartburn, such as acidic foods and alcohol. High fiber, low carb foods also help with the bacteria in your stomach.

11. GLUTEN-FREE: Coconut Flour is gluten-free and still has a ton of protein without the "gluten" protein found in wheat. This is an awesome substitution for the growing population of people who have a wheat sensitivity or allergy (many people have without knowing it).

## Peanut Flour

Peanut flour is a dry powder formed after the partial removal of oil from the nut. It is used to add flavor and protein to baked goods, snacks, as well as to sauces, marinades and dressings. While peanuts are about 25% protein, peanut flour is about 50% protein. That's because the process of

mechanically removing fatty oil from roasted peanuts enriches the levels of the remaining peanut components. The resulting flour is naturally low in fat, high in protein and relatively low in carbohydrates.

It is a great thickener for soups, a flavorful and aromatic ingredient for breads and pastries, as well as a creative coating for meats, fish, and other dishes. Peanut flour is a good source of Vitamin E, Folate, Fiber, Niacin, Magnesium, and Phosphorus.

Peanut flour is not self-rising and will need a rising agent added if called for in your recipe. When baking with peanut flour, you may want to add an extra egg or other moistening agent to prevent dryness.

**Hazelnut Flour:** Replacing a quarter of your flour with hazelnut flour gives your dough a sweet nuttiness as well as fiber and iron. After first being diagnosed with a gluten allergy, you may feel tired, this is linked to an iron deficiency. I like to make my pies with this.

**Flax seed:** This seed has many health benefits such as high-quality protein, fiber, B and C vitamins, iron, and zinc, anti-cancer properties, omega-3 fatty acids, and many other benefits. To use as an egg substitute grind 2 tablespoons flaxseed and add 6 tablespoons boiling water. I have a chocolate flaxseed muffin in the recipe section that is a favorite of many clients.

**Xanthan Gum:** Using about **1/4 tsp** in bread and baked goods adds volume and viscosity which usually comes from the gluten in wheat. It is also used as a thickener instead of cornstarch.

Flour Substitutions (Per Cup)					
FOOD	Rate	Carbs	Sugars	Fiber	Calories
Rice Flour (GLUTEN-free foods)	Bad	127	0.2	3.8	578
White Flour	Bad	100	0	4	496
Wheat Flour	bad	87	0	14	407
Oat Flour	bad	78	0	12	480
Almond Flour	Best	24	4	12	640
Peanut Flour	Best	21	4	9	196
Coconut Flour	Best	80	0	48	480
Flaxseed meal	Best	32	0	32	480