



Coconut Lemon Cake

Lemon Curd (I doubled it for you because more curd more better) Recipe by Savory Lotus

- 4 eggs
- 4 egg yolks
- 2/3 cup raw honey (I probably use less)
- 1/2 cup fresh lemon juice
- zest from 4 lemons
- pinch of unrefined sea salt
- 12 TBS coconut oil (This is what I use) or ghee

INSTRUCTIONS

1. In a small pan, whisk together eggs, yolks, honey, lemon juice, salt and zest. Add fat of choice and turn heat to low.
2. Cook on low until fat is completely melted, stirring constantly.
3. Turn heat to medium and continue to cook and stir until mixture thickens ~ about another 5-7 minutes. You will know it is done when tiny little bubbles begin to come to the surface.
4. Immediately strain through a sieve and refrigerate. The curd will thicken even more when it sets.

FOR LEMON CAKE LAYERS

- 1 cup coconut flour
- 1 tsp baking soda
- 1/2 tsp salt
- 6 eggs, room temperature
- 6 tbsp full fat coconut milk
- 6 tbsp lemon juice
- 1 cup butter, ghee, or coconut oil, melted
- 2/3 cup maple syrup or honey
- 1 tsp vanilla extract
- zest from 4 lemons
- 4 egg whites, room temperature
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FOR TOPPINGS

- one batch lemon curd (recipe is doubled for you)
 - 1 pint heavy whipping cream or coconut cream from 3 cans of chilled full fat coconut milk (I use full fat whipping cream)
1. Preheat oven to 350°F. Liberally grease two 9 inch round cake pans and line bottom of pans with parchment paper cut into circle to fit the bottom.
 2. In a large bowl, sift together coconut flour, baking soda, and salt. Set aside.
 3. In another bowl, whisk together 6 eggs, coconut milk, lemon juice, melted fat of choice, maple syrup/honey, vanilla, and lemon zest until foamy.
 4. Add wet to dry and mix well to combine.
 5. In another large bowl, beat the egg whites with a hand mixer until thick soft peaks form. Fold very gently into cake batter. Pour evenly into prepared cake pans.
 6. Bake for 24-26 minutes, until toothpick inserted into center comes out clean and cakes are golden. Remove from oven and allow to cool completely to avoid melting your cream.
 7. WHIPPED CREAM: Using an electric mixer, beat the heavy whipping cream or coconut cream until light and fluffy. Add 1-2 tablespoons of maple syrup or honey, if desired.
 8. TO ASSEMBLE CAKE: place first lemon cake layer on plate or cake stand. Cover evenly with lemon curd and spoon whipped cream into center so you don't get whipped cream overflow. Place second lemon cake layer on top and repeat lemon curd and whipped cream. Top with berries. Enjoy!

NOTES

There is fine art to whipping and FOLDING egg whites. It is helpful if you use a VERY clean bowl, make sure that no egg yolk gets into the whites, and use room temperature eggs.

Chocolate Chip Coconut Flour Cookies

Recipe by texanerin.com

Ingredients

- 1/2 cup (64 grams) coconut flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 6 tablespoons (84 grams) coconut oil (I used refined for no coconut taste – the oil must be solid, like room temp butter and not melted or the dough will be greasy)
- 3/4 cup (150 grams) coconut sugar (maybe I always end up using a bit less)
- 6 tablespoons (98 grams) natural almond butter or sunflower seed butter for nut-free (the kind with just nuts and no added fat / sugar)
- 1 1/2 teaspoons vanilla extract
- 1 large egg + 1 large egg yolk or 1.5 chia eggs for vegan¹
- 1 1/4 cups (213 grams) semi-sweet chocolate chips, divided²

Directions

9. In a medium mixing bowl, stir together the coconut flour, baking soda and salt. Set aside.
10. In a large mixing bowl with an electric hand mixer or using a stand mixer, beat together the coconut oil, sugar, almond butter and vanilla at medium speed until well combined, about 1 minute.
11. Beat in the egg and egg yolk on low and mix until well incorporated. Stir in the flour mixture until well combined. Then stir in 1 cup (170 grams) chocolate chips. Chill the dough for about 1-2 hours or until the dough is firm.
12. Preheat the oven to 350 °F (175 °C) and line a baking sheet with a piece of parchment paper.
13. Roll the dough into 12 (54-gram) balls and place the remaining 1/4 cup (43 grams) of chocolate chips on the top and on the sides of the dough balls. Place 4" apart on the prepared baking sheet.
14. Bake for 12-14 minutes or until the surface of the center of the cookies no longer appears wet. They'll be very soft but will continue to cook as they sit on the cookie sheet.
15. Let cool completely on the baking sheet. On the first day, they'll be crisp on the outside. On the second day, the outsides soften. Store in an airtight container for up to 3 days. If the cookies are too soft for your liking, chill in the refrigerator for a firmer cookie.

Notes

16. To make a chia egg, I mix together 1 tablespoon of ground chia seeds and 2.5 tablespoons water. Let sit 5-15 minutes or until goopy like an egg. So for this recipe with 1.5 chia eggs, you'd need 1.5 tablespoons of ground chia eggs and 3 tablespoons + 2 1/4 teaspoons water.
- 17.
18. Make sure to use vegan / paleo / low-carb chocolate chips if needed!

Brownies (recipe by me at this point cause I have no idea where I got it)

BROWNIES!!!

Almond flour 2 cups

1/4 cup cacao (antioxidant rich)

1/4 tsp salt

1/2 tsp baking soda

1/4 cup coconut oil

1/4 honey (I use less though)

3 large room temp eggs

1/2 a cup of the enjoy life semi-sweet chocolate chips (really this is kinda eyeballed)

Oven temp 350

Mix all wet ingredients

Mix all dry

Then mix them together add the chips

I use the mini cupcake pan and about 6 mins in the oven (really watch them those cause they are small) If you use big ones it's about 13-15 mins

Enjoy these tiny little energy bombs of goodness!

No bake cookies

- 5 cups Crispy Rice Cereal
- 1 1/2 cups Chocolate Chips
- 1 cup Peanut Butter can use any nut or seed butter
- 1/4 cup coconut oil
- 1/2 cup maple syrup
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Instructions

- Line a large baking tray with parchment paper and set aside.
- In a large mixing bowl, add your crispy rice cereal and set aside.
- In a microwave safe bowl or stove top, combine your chocolate chips, peanut butter, maple syrup and coconut oil. Melt until fully combined- If you use a microwave, melt on medium power in 30-second spurts to avoid over-heating.
- Pour liquid mixture over the crispy rice cereal and mix until fully incorporated. Using a large spoon or cookie scoop, drop crunch cookie batter on the lined baking sheet, about 2-3 inches apart. Press each cookie and refrigerate until firm.