

MAIN DISHES

MEAT LOAF

½ cup sifted Niulife coconut flour

500g beef mince

3 eggs

1 cup finely chopped onion

1 teaspoon salt

½ cup chopped capsicum

⅓ teaspoon thyme

½ teaspoon black pepper

⅓ teaspoon marjoram

400g tin pureed tomatoes

Combine coconut flour, eggs, chopped onion, capsicum, salt, black pepper, thyme, and marjoram in a bowl.

Add mince and *½* the tin of tomato puree and mix well.

Shape mixture into a loaf and place into a baking dish.

Pour remaining tomato puree over the top of the loaf.

Bake at 175°C (350°F) for 1¼ hours.

Makes 6 to 8 servings.

SPAGHETTI WITH MEATBALLS

Meatballs

¼ cup sifted Niulife coconut flour

500g beef mince

2 eggs

⅓ teaspoon pepper

½ teaspoon salt

¼ teaspoon onion powder

Combine ingredients and mix well.

Form meat mixture into small balls about 3cm in diameter.

Cook as directed below.

Spaghetti Sauce

2 tablespoons *Niulife virgin coconut oil*

1 medium onion, chopped

½ capsicum, chopped

8 cloves garlic, minced

125g sliced mushrooms

2 x 400g tins tomato puree

1 teaspoon salt

½ teaspoon pepper

1 teaspoon oregano

¼ teaspoon thyme

¼ teaspoon marjoram

Spaghetti—*Gluten free if required*

Cook meatballs in a frying pan at moderate heat with *Niulife virgin coconut oil*.

Add onion, capsicum, & garlic and cook until meat is browned on all sides and vegetables are tender.

Add mushrooms, tomato puree, salt, pepper, oregano, thyme, and marjoram.

Cover and simmer for 20 to 30 minutes stirring occasionally.

Serve hot over noodles or rice.

COCONUT FRIED CHICKEN

⅓ cup sifted Niulife coconut flour

¼ teaspoon pepper

1 teaspoon paprika

1 teaspoon salt

1kg chicken pieces

Niulife virgin coconut oil for frying

Heat coconut oil *¼* inch deep in frying pan until a drop of water sizzles. **Combine** flour, paprika, pepper, and salt in a paper or plastic bag; add 2 or 3 pieces of chicken at a time and shake. **Brown** one side; turn with tongs. When lightly browned, reduce heat; cover tightly.

Cook for approximately 30 minutes, or until tender.

Uncover last 10 minutes. Makes 4 servings.

COCONUT FRIED FISH

Use coating above, but omit the pepper and add *¼* teaspoon lemon pepper. Fish requires much less cooking so reduce time as needed.

DESSERTS

PINEAPPLE UPSIDE DOWN CAKE

1 tablespoon *butter, softened*

⅓ cup brown sugar

7 *glacéd* cherries

6 *pecan halves*

1 x 400g can sliced *pineapple, drained*

Coat bottom and sides of a 20 or 25cm round layer pan with softened butter. **Sprinkle** brown sugar over butter.

Place 1 pineapple slice in the centre of the pan. Cut remaining 3 slices into halves and arrange them around the pineapple in the centre of the pan. Put 1 cherry in the centre of each pineapple slice. Place pecans around the centre pineapple slice. **Pour** batter (below) over fruit.

Batter

¼ cup butter, melted

6 eggs

½ cup sugar

½ teaspoon salt

½ teaspoon baking powder

1 teaspoon vanilla

½ cup sifted Niulife coconut flour

Mix together butter, eggs, sugar, salt, and vanilla.

Combine coconut flour with baking powder and whisk into batter until there are no lumps.

Pour batter over fruit in pan.

Bake at 175°C (350°F) for 30-35 minutes or until knife inserted in centre comes out clean.

Flip cake over onto heatproof plate. Let pan remain a minute or two. Remove pan. Serve warm.

APPLE UPSIDE DOWN CAKE

Using the recipe above, substitute slices of pineapple with slices of apple and add 1 teaspoon of cinnamon to the brown sugar.



Coconut Flour Recipes

Niulife Coconut Flour is made from pure, white, fresh coconut meat. It has many of the health benefits of virgin coconut oil and can help promote natural healing. It is also an excellent source of dietary fibre that can be easily used in snack foods and baked products.

Most people do not consume enough fibre. On average, most Australians consume 18–25g of fibre daily. The Australian Heart Foundation recommends that adults should consume approximately 30g daily. Coconut flour is an excellent way to increase your daily fibre intake. (*1 Tablespoon equals approx 5 grams of fibre.*)

Do not switch suddenly from a low fibre to a high fibre diet. Build up slowly. Do not exceed more than 40g of total fibre daily.

Usage Directions

To boost the fibre content in most standard recipes (such as pancakes, muffins and biscuits) and to promote health and healing, simply substitute 15-25% of the regular white flour with coconut flour. As an alternative healing method, add a tablespoon to your morning breakfast cereal or other meals of your choice. It can also be added to smoothies, or into fruit drinks twice a day.

A variety of delicious baked goods can be made with 100% coconut flour using the recipes included.

Baking Tip - bring all ingredients to room temperature before mixing. Coconut oil should be melted but not hot.

For a complete discussion on the benefits of coconut flour, and over 100 recipes using all coconut flour, we recommend you purchase "**Cooking with Coconut Flour: A Delicious Low-Carb, Gluten-Free Alternative to Wheat**" by Bruce Fife, N.D., author of the best-selling book "**The Healing Miracles of Coconut Oil**" published by Piccadilly Books, Ltd.

Recipes presented here are specially formulated and adapted from this book and are used with permission.

Copyright © 2006 All Rights Reserved.

Available from our website or in selected stores. (If your local Health Food Shop does not carry it yet, ask them to get it in.)

New to Virgin Coconut Oil?

Virgin Coconut Oil is being called...

"the healthiest dietary oil on earth"*

Use it for your daily cooking and body-care needs and discover for yourself one of nature's most amazing health foods.

*Dr. Jon J. Kabara, PhD,

Dept of Chemistry & Pharmacology, Michigan State University.

Proudly brought to you by **Kokonut Pacific**, inventors of the Direct Micro Expelling (DME®) process for producing virgin coconut oil, which was developed here in Australia.

Kokonut Pacific Pty Ltd PO Box 4088, Hawker, ACT, 2614

www.niulife.com

CAKES

YELLOW CAKE

½ cup butter, melted *½ cup coconut milk*
9 eggs *¾ cup sugar*
¾ cup sifted Niulife coconut flour *¾ teaspoon salt*
¾ teaspoon baking powder *1 teaspoon vanilla*
Icing of your choice

Mix butter, coconut milk, eggs, sugar, salt, and vanilla.
Combine coconut flour with baking powder and whisk into batter until there are no lumps.
Pour into greased 20 x 20 x 5cm (8x8x2 inch) cake tin.
Bake at 175°C (350°F) for 35 minutes or until knife inserted centre comes out clean. Cool and ice.

LEMON CAKE

½ cup butter, melted *½ cup coconut milk*
3 tablespoons lemon juice *12 eggs*
1 cup sifted Niulife coconut flour
1 teaspoon baking powder *¾ cup sugar*
1 teaspoon salt *Lemon Icing*

Mix together butter, coconut milk, eggs, sugar, salt, and lemon juice.
Combine coconut flour with baking powder and whisk into batter until there are no lumps.
Pour into a greased 22 x 22 x 5cm (9x9x2 inch) cake tin.
Bake at 175°C (350°F) for 30-35 minutes or until knife inserted into centre comes out clean. **Cool**.
Cover with Lemon Icing.

CHOCOLATE CAKE

½ cup Niulife virgin coconut oil or butter
¾ cup cocoa powder *9 eggs*
¼ cup coconut milk *1½ cups sugar*
¾ teaspoon salt *1 teaspoon vanilla*
¾ cup sifted Niulife coconut flour
¾ teaspoon baking powder *Chocolate Icing*

Melt coconut oil or butter in a saucepan over medium heat.
Add cocoa powder and coconut milk and mix together.
Remove from heat and set aside. In a bowl, mix together eggs, sugar, salt, and vanilla.
Stir in cocoa mixture. Combine coconut flour with baking powder and whisk into batter until there are no lumps.
Pour into a greased 20 x 20 x 5cm (8x8x2 inch) cake tin.
Bake at 175°C (350°F) for 35 minutes or until knife inserted into centre comes out clean.
Cool and cover with Chocolate Icing.

MUFFINS

HONEY MUFFINS

This is a basic coconut flour muffin recipe you can use to make a variety of muffins.
2 tablespoons butter, melted *3 eggs*
2 tablespoons coconut milk or whole milk
3 tablespoons honey *¼ teaspoon salt*
¼ cup sifted Niulife coconut flour
¼ teaspoon baking powder *¼ teaspoon vanilla*

Mix together eggs, butter, coconut milk, honey, salt, and vanilla.
Combine coconut flour with baking powder and thoroughly mix into batter until there are no lumps.
Fill muffin cups lined with muffin paper halfway with batter.

Bake at 205°C (400°F) for 15 minutes.
Makes 6 muffins.

PECAN MUFFINS

Make Honey Muffins as directed and add ½ cup of chopped pecans and 1/8 teaspoon almond extract.

BLUEBERRY MUFFINS

Make Honey Muffins as directed and add ½ cup of fresh blueberries and 1/8 teaspoon almond extract. Blueberries should be dry. If rinsed, dry before adding to batter.
Bake for 16-18 minutes.

LEMON POPPY SEED MUFFINS

Make Honey Muffins as directed but omit the vanilla and add 2 teaspoons of lemon extract.
Sprinkle poppy seeds on top of muffins just before baking.

HAM AND CHEESE MUFFINS

2 tablespoons Niulife virgin coconut oil or butter, melted
¼ teaspoon onion powder *3 eggs*
½ cup grated tasty cheese *¼ teaspoon salt*
½ cup diced ham
3 tablespoons sifted Niulife coconut flour

Mix together eggs, oil, salt, and onion powder.
Stir in coconut flour until there are no lumps.
Fold in cheese and ham
Fill muffin cups lined with muffin paper halfway with batter.
Bake at 205°C (400°F) for 15 minutes. Makes 6 muffins.

PINEAPPLE HAM MUFFINS

Make the Ham and Cheese Muffins as above but add ½ cup of crushed pineapple, well drained. Increase cooking time to 18 minutes.

BISCUITS

BROWNIES

60 grams dark cooking chocolate
¾ cup butter *1 cup sugar*
½ teaspoon vanilla *6 beaten eggs*
¾ cup sifted Niulife coconut flour
½ teaspoon baking powder *½ teaspoon salt*
1 cup walnuts or pecans, chopped

In a saucepan heat chocolate and butter over low heat, stirring occasionally, until melted.

Remove from heat.

Mix in sugar, eggs, and vanilla.

Stir in remaining ingredients.

Spread in a greased and lightly floured 20 x 20 x 5cm (8x8x2 inch) cake tin.

Bake at 175°C (350°F) for 30 minutes.

Cool slightly; cut into 5cm squares.

Makes 16 brownies.

COCONUT BUTTER BISCUITS

½ cup butter *1 cup sugar*
4 eggs *½ teaspoon vanilla*
½ cup sifted Niulife coconut flour
2 cups shredded or flaked coconut

Mix together butter, sugar, eggs, and vanilla.

Stir in coconut flour and coconut. Drop spoon-size mounds 3cm apart on a greased biscuit tray.

Bake at 190°C (375°F) for 18 to 20 minutes or until golden brown.

Remove from biscuit tray immediately and cool on wire rack. Makes about 2 dozen biscuits.

GINGERBREAD BISCUITS

1/3 cup Niulife virgin coconut oil or butter, melted
¾ cup brown sugar *6 eggs*
1 teaspoon ground ginger *¼ teaspoon salt*
1 teaspoon ground cinnamon *½ cup molasses*
¾ cup sifted Niulife coconut flour
¼ teaspoon ground cloves

Mix together eggs, butter, salt, molasses, sugar, and spices.

Stir in coconut flour and mix thoroughly. Batter will thicken slightly as the flour absorbs moisture.

Drop batter by spoonfuls onto greased biscuit tray.

Bake at 205°C (400°F) for 12-14 minutes.

Makes 32 biscuits.