

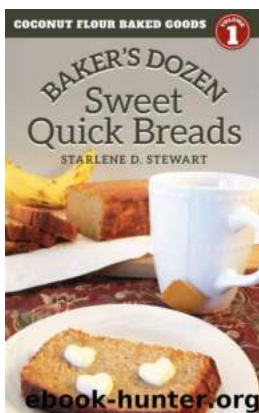
# Baker's Dozen Sweet Quick Breads: Indulge in Coconut Flour Baked Goods

Are you craving a delicious and healthier alternative to traditional baked goods? Look no further than coconut flour! This versatile ingredient has gained popularity in recent years due to its numerous health benefits and unique texture. In this article, we will explore the wonderful world of sweet quick breads made with coconut flour.

## The Rise of Coconut Flour

Coconut flour, often derived from the dried and ground coconut meat, has become a staple for those seeking gluten-free and grain-free alternatives. As its name suggests, coconut flour offers a subtle coconut flavor to baked goods, adding a delightful twist to traditional recipes. Not only does it provide a delicious taste, but coconut flour is also rich in fiber, protein, and healthy fats.

When compared to regular flour, coconut flour has a much higher fiber content. This dietary fiber can promote digestive health and help maintain healthy cholesterol levels. Additionally, coconut flour is low in carbohydrates, making it an excellent choice for individuals following a low-carb or ketogenic diet.



## Baker's Dozen Sweet Quick Breads (Coconut Flour Baked Goods Book 1) by Emma Rose (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 935 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 72 pages

Lending

: Enabled



## **The Baker's Dozen: Sweet Quick Breads with Coconut Flour**

Coconut flour is a wonderful ingredient to use when making quick breads. Quick breads are a type of bread that rely on chemical leavening agents, such as baking powder and baking soda, rather than yeast for rising. They are called "quick" because they can be mixed and baked right away, without the need for kneading or rising time.

Let's take a look at the baker's dozen of sweet quick breads that can be made with coconut flour:

### **1. Coconut Banana Bread**



This tropical twist on traditional banana bread combines the flavors of ripe bananas and shredded coconut for a moist and flavorful treat. The coconut flour adds a unique texture while enhancing the natural sweetness of the bananas.

## **2. Lemon Poppy Seed Loaf**



Zesty and refreshing, this lemon poppy seed loaf is sure to brighten up any day. The hint of tanginess from the lemon pairs perfectly with the crunchy poppy seeds, creating a delightful combination of flavors.

### **3. Blueberry Coconut Bread**



Indulge in the sweetness of fresh blueberries and the tropical aroma of coconut with this mouthwatering bread. The burst of tangy blueberries complements the subtle coconut undertones, resulting in a truly satisfying treat.

#### **4. Cinnamon Swirl Bread**



Immerse yourself in the comforting aroma of cinnamon with this delectable loaf. The cozy combination of cinnamon and coconut flour will remind you of autumn evenings spent snuggled up with a warm cup of tea.

## **5. Chocolate Zucchini Bread**



DOUBLE  
CHOCOLATE  
ZUCCHINI  
BREAD

RECIPE MAKES 2 LOAVES

Indulge in the rich flavors of chocolate while sneaking in some extra veggies with this moist and chocolaty zucchini bread. The addition of coconut flour gives it a unique texture and adds a hint of delightful coconut flavor.

## 6. Pumpkin Spice Bread



Get into the spirit of autumn with this fragrant and spiced pumpkin bread. The warmth of the pumpkin and spices pairs perfectly with the coconut flour, resulting in a loaf that is both comforting and satisfying.

## **7. Raspberry Almond Bread**





Experience the delightful combination of sweet raspberries and nutty almond flavors with this moist and flavorful bread. The subtle coconut undertones add a tropical twist to this classic tart and sweet duo.

## **8. Orange Cranberry Bread**



Wake up your taste buds with the zesty flavors of orange and tangy cranberries in this delectable bread. The coconut flour not only adds a unique texture but also enhances the sweet and tart flavors of this scrumptious combination.

## **9. Apple Cinnamon Bread**



Experience the comforting aroma of freshly baked apples and cinnamon with this delightful bread. The coconut flour adds a subtle sweetness and creates a moist and tender texture that perfectly complements the sweet and tart apples.

## **10. Carrot Cake Bread**



Indulge in the flavors of a classic carrot cake in the form of a delicious bread. The coconut flour adds a tropical twist to this favorite dessert while retaining its moist and flavorful characteristics.

## **11. Cherry Chocolate Chunk Bread**



Satisfy your sweet tooth with this decadent combination of juicy cherries and rich chocolate chunks. The coconut flour enhances the flavors of both ingredients, resulting in a bread that is both luscious and delightful.

## **12. Maple Pecan Bread**



Experience the delightful combination of sweet maple syrup and crunchy pecans with this scrumptious bread. The coconut flour adds a unique texture and subtle coconut flavor that complements the rich flavors of maple and pecan.

### **13. Peach Streusel Bread**



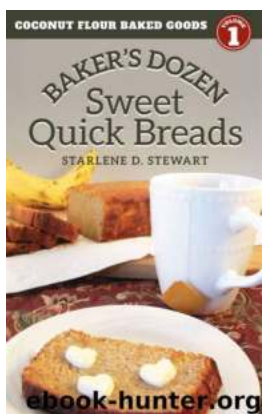
Indulge in the juicy sweetness of peaches with this irresistible streusel bread. The coconut flour adds a tropical touch to this delightful treat, taking it to a whole new level of scrumptiousness.

## **In**

Baker's dozen sweet quick breads made with coconut flour offer a healthier alternative to traditional baked goods without compromising on taste or texture.

These delightful breads combine the health benefits of coconut flour with a diverse range of flavors, resulting in mouthwatering treats that are sure to satisfy your cravings.

So why not grab some coconut flour and let your creativity run wild in the kitchen? Try out one or more of these indulgent recipes and discover the wonders of coconut flour baked goods for yourself!



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### **Baker's Dozen Sweet Quick Breads is Volume 1 in the Coconut Flour Baked Goods series.**

Inside of this book you will find the recipes for 13 sweet fruity loaves, and the only flour is coconut flour. No nut flours, no starch flours, and no thickeners like guar gum or xanthan gum. Some recipes do call for nut butters and nuts, and all recipes do contain eggs. All recipes are completely gluten-free, grain-free and sweetened with honey. The only processed sugars are in recipes which include optional chocolate chips.



Are you looking for a real food high protein super nutritious bread you can bring to a pot luck or gathering?

Do you want to bring a delicious loaf of bread to a new mama?

New neighbors and you want to bring them a "welcome to the neighborhood" treat?

Want to bring something to share with your coworkers?

Each loaf in this book has been taste test approved by my Premier Taste Testers who swarm my office every Tuesday (when I bring my home baked "treats" for taste testing) and home kitchen tested by my group of secret recipe testers.

### **Inside Baker's Dozen Sweet Quick Breads you'll find recipes for:**

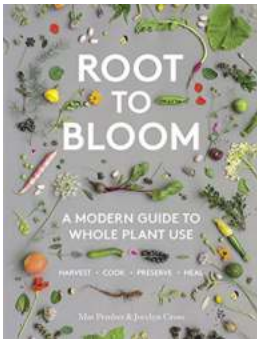
- Apple Cinnamon Walnut Loaf
- Banana Bread
- Blueberry Lemon Loaf
- Carrot Spice Bread
- Cherry Hazelnut Loaf
- Chocolate Macadamia Nut Loaf
- Coconut Date Loaf
- Ginger Molasses Apple Loaf
- Lemon Poppy Seed Loaf

- Mango Macadamia Nut Bread
- Orange Poppy Seed Loaf
- Peanut Butter Chocolate Chunk Loaf
- Spiced Blackberry Bread

**The Quick Tutorial chapter in Baker's Dozen Sweet Quick Breads is a super condensed version of the wildly popular tutorial Mastering the Art of Baking with Coconut Flour (over 10,000 copies sold) which will help bring you up to speed on baking with this high protein, super food flour.**

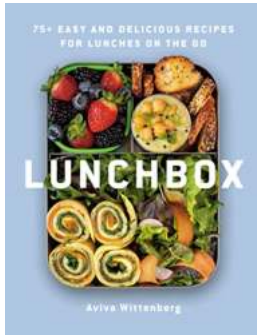
Every bread has been photographed in full color so you can see for yourself how sensationally delicious these loaves are!

**Get your copy today and bake a loaf for yourself!**



## **Discover Root To Bloom Moosewood Collective: Transforming Food and Sustainability!**

Root To Bloom Moosewood Collective is not just a restaurant; it is a paradigm shift in the way we view food and sustainability. With its unique approach to vegetarian cuisine...



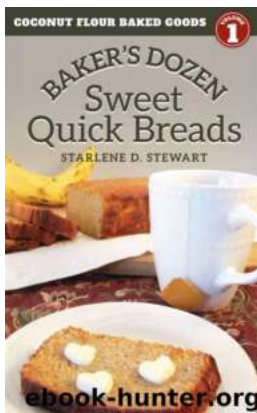
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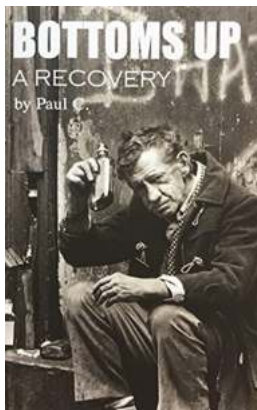
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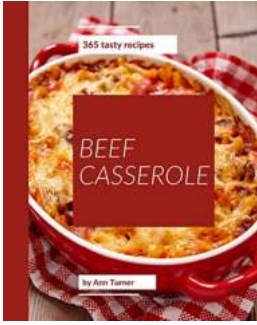
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