



Coconut Butter Bread - GAPS Legal, Gluten Free, Paleo

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This is a recipe we recently tried from [the HEAL YOUR GUT cookbook](#) by Hilary Boynton and Mary G. Bracket. I **love** this cookbook and recommend it to all my GAPS clients. It's an excellent resource whether you're on the GAPS diet or not.

The basic bread recipe in the GAPS book by Dr. McBride is very good but the bread, while tasty, is a bit dense. This coconut butter bread is considerably lighter providing a delicious alternative. It's relatively easy to make. The only challenge we encountered was making the coconut butter itself, as I'll explain.



Coconut butter is the real secret to this recipe. Because the coconut butter contains both the fiber of the coconut meat and the fat, it bakes differently. Coconut flour is made from the remnants left after making coconut milk so it has primarily fiber and less fat. It can really dry out a recipe if over-used. Coconut oil is extracted from the meat and has primarily fat and no fiber.

Too much in a baked recipe can make the result oily and heavy. Coconut butter is really the best of both worlds.

Making the Coconut Butter

You can buy the coconut butter or make it yourself. It's easy to make the coconut butter but you really need the power of a food processor to do it. To make the coconut butter place shredded unsweetened coconut flakes in the food processor, replace the cover, and pulse initially until the mixture starts to combine. Then you'll need to run the food processor on it's maximum setting



for about 20 minutes.

It will appear like it will never work and your food processor will go up in smoke. It will work (eventually) and your food processor will survive. The flakes will gradually turn to a rather light and creamy liquid. Here's a key point; the coconut butter will solidify rather quickly. For this recipe you want it liquid so you can achieve the cake-batter-like consistency required, so use it immediately or keep it warm.

It will take about 3 cups of shredded flakes to make 1 cup of coconut butter. You can save any extra you make in a jar and keep it in the cupboard. Depending on temperature the coconut butter will harden. For use in recipes you'll want to return it to a creamy consistency by reheating it. Placing the jar in a pan of water and heating on the stove works best for reheating.

The Recipe

The recipe can be modified, as with any GAPS bread, by adding spices, fruits, vegetables, or nuts. Experiment and enjoy!

Ingredients:

1 cup coconut butter

5 eggs @ room temperature

1/4 cup coconut oil or pastured lard

1/2 teaspoon sea salt

3/4 teaspoon of baking soda

Directions:

Preheat oven to 300 degrees.

Grease a 5x9" pan.

Blend all ingredients in a bowl. (Remember! the coconut butter must be soft to do this. You'll need to re-heat it if it has hardened)

Blend until the consistency of cake batter.

Pour into pan and bake 40-50 minutes.



Let cool before refrigerating.