



# Almond Flour Coconut Cake

This recipe for coconut cake is nutritious and delicious. Almond flour is gluten-free and a great source of fiber, magnesium, vitamin E, and healthy fats. Meanwhile, honey is the only sweetener this cake needs.

Cooking level: **Intermediate**

**Contains: eggs, milk, tree nuts**

Servings:  
10

Prep time:  
30 minutes

Cook time:  
40 minutes

Total time:  
70 minutes



Scan for recipes  
and more

## What you'll need

- Two 8" round cake pans
- Food processor or electric mixer
- Parchment paper

## Ingredients

### Cake

- 4 cups almond flour\*
- 1 cup honey (local is best)
- 2 tsp. baking soda
- 1 tsp. salt
- 4 tbsp. soft spread or ¼ cup coconut oil\* (plus extra for greasing pans)
- ½ cup canned unsweetened coconut milk\*
- ¼ cup Greek nonfat or low-fat yogurt
- 3 large egg whites
- 2 tsp. pure vanilla extract

### Frosting

- 1 cup honey (local is best)
- ¼ cup canned unsweetened coconut milk\*
- 2 tbsp. soft spread
- 1 tsp. pure vanilla extract
- 3 cups (or desired amount) grated, unsweetened coconut\*

\*Important note: Nuts and coconut may be triggering during flare-ups.

Disclaimer: Information purposes only. The recipes and grocery guides are not intended to diagnose, treat, cure, or prevent any disease. Please consult with a healthcare professional regarding any medical or health-related diagnosis or treatment options.

## Cooking steps: Cake

- 1 Preheat the oven to 300°F.
- 2 Line the bottom of two 8" round cake pans with parchment paper. Use soft spread or oil to grease the paper and the sides of the pans.
- 3 In a food processor or electric mixer, mix **4 cups almond flour, 1 cup honey, 2 tsp. baking soda, and 1 tsp. salt** until blended.
- 4 Add **4 tbsp. soft spread** and **½ cup coconut milk** and mix well. Add the **¼ cup yogurt, 3 egg whites, and 2 tsp. vanilla**. Mix well, until very smooth.
- 5 Pour into cake pans and smooth the tops. Bake for 40 minutes, or until cakes are golden and springy and a toothpick inserted comes out clean.
- 6 Remove from the oven and let sit for 10 minutes.

## Cooking steps: Frosting

- 1 Place **1 cup honey, ¼ cup coconut milk, 2 tbsp. soft spread, and 1 tsp. vanilla** in a food processor or electric mixer, and process until smooth.
- 2 Sprinkle **3 cups coconut** on cake after frosting.

**Note:** To make the cake dairy free, you can substitute yogurt for a similar consistency item such as avocado, banana, or an unsweetened dairy-free yogurt. If needed, soft spread can be substituted for almond butter,\* cashew butter,\* unrefined cold-pressed extra virgin olive oil, or unrefined cold-pressed coconut oil.\*



## Nutritional info

<b>Almond Flour Coconut Cake (1 slice)</b>	
Calories	<b>654</b>
Total fat	<b>42 g</b>
Saturated fat	<b>6.8 mg</b>
Carbohydrate	<b>69 g</b>
Fiber	<b>7.8 g</b>
Sugar	<b>59 g</b>
Protein	<b>11 g</b>