

Strawberry Coconut Shortcakes

Makes 8-10 standard biscuits*

Sue Van Raes

THE GOODS

1/3 C + 2 T coconut flour, sifted

1t baking powder

1/4 C coconut oil, softened

4 large eggs

Fresh strawberries

1 Can full fat coconut cream or store bought coco whip

THE METHOD:

Preheat the oven to 375 degrees. In a medium bowl, combine sifted coconut flour and baking powder. In a separate bowl, mix eggs to break up yolks. Add the softened coconut oil and mix well. It's OK if there are pea sized lumps of coconut oil - they'll keep the biscuits fluffy. Fold the wet ingredients into the dry ingredients and mix well, dough will be sticky. Allow the mixture to rest for 10-15 minutes for the coconut flour to absorb the moisture from the eggs. While the mixture rests, coat the inside of a large or mini muffin tin with coconut oil or spray.** Disperse the dough amongst the cups evenly and bake for 25 minutes or until the tops are golden. Let cool on a wire rack. Whip coconut cream to soft peaks, slice strawberries and layer to your preference.

*This recipe is very easy to scale. Simply double or triple the ingredients to increase the yield.

**For a more organic, drop-biscuit look, use a cookie scoop to drop the dough onto a parchment lined baking sheet. Bake for 5-8 minutes less time.

