

Pineapple Coconut Bread

Ingredients

- 1 ½ cups shredded coconut (some for toppings as well)
- 2 cups fresh pineapple, chopped finely and drained well
- 4 whole eggs
- 3 eggs, separated
- ½ cup honey
- ½ tsp salt
- 1 tsp baking soda
- ¾ cup coconut flour
- 2 Tbsp SCD yogurt
- 1 Tbsp Coconut oil

Directions

1. Preheat oven to 350F
2. Cut pineapple and place in a strainer to ensure excess juice runs off.
3. Using a mixer, blend egg whites and salt until they are stiff and can form peaks
4. In a bowl, combine whole eggs, yolks, honey, oil, yogurt and blend until smooth
5. Add pineapple chunks and stir well. The larger the chunks you have the harder it may be to cut your bread and serve so ensure you have chopped them finely.
6. In a separate bowl combine coconut flour, shredded coconut and baking soda and blend well.
7. Mix bowls together and fold in the egg whites with a spatula.
8. Line bread pan with parchment paper and pour batter ¾ way up the pan
9. Top with lightly toasted shredded coconut
10. Bake for 30 minutes or until bread loaf is cooked through. You should be able to tell by lightly tapping the top of the loaf. May take up to 45 minutes. If coconut starts to get too brown, cover with tin foil.
11. Cool completely before removing from pan
12. Once cooled, serve or refrigerate.
13. Enjoy!