

Sugar Free Green Coconut Carrot Bread Recipe

Description

The other day I posted a picture of my Sugar Free Green Coconut Carrot Bread on Instagram, Facebook, and Twitter, and promised a recipe was coming soon.



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[View this post on Instagram](#)



Since I like to deliver on my promises, Iâ€™m sharing it with you today. Consider yourself lucky, or maybe it should be forewarnedâ€¦..hmmmm. Hereâ€™s the thingâ€¦..

I do about 90% of my cooking via the microwave. My main cooking method is steaming, mostly veggies, and microwave steaming is quick, efficient, and retains the most nutrients compared to roasting, sauteing, boiling, etc. I still cook with these other methods, just not often.

Now, many people avoid microwaves at all costs for fear that theyâ€™ll turn radioactive or some other harm will be done. This was a concern for me at one time, so I looked into it and was convinced it was a safe, if not safer cooking method. Think about the carcinogens resulting from grilling, roasting, or toasting, thatâ€™s not safe either.

Anyway, I wrote a post on my old healthy food blog, [Just Add Cayenne](#), titled [Is Microwave Cooking Safe](#) that you can check out for my reasoning if youâ€™d like. But thatâ€™s my preferred method, and thatâ€™s how I make most of my breads.

Iâ€™ll let you in on my little microwave bread cooking tool that I absolutely love; itâ€™s a microwave omelet cooker! Yep, itâ€™s the Nordic [Ware Microwave Omelet Pan](#) and you can get it off of Amazon for less than \$7. The link is my affiliate link and Iâ€™d be ever so happy if you went through it to make your purchase. Check out my other favorites on the Amazon sidebar to the right.

Iâ€™ll save my microwave cooking details for a later post, but for now, how about that bread recipe? I adapted it to be cooked in the oven, so youâ€™ll have to wait for my microwave version. Itâ€™s a lot faster, using less ingredients, and still delicious and healthy!



Sugar-Free Green Coconut Carrot Bread Sweetened with [PyureSweet Stevia](#)

[Get These Ingredientsâ€™.](#)

- 1 egg + 4 egg whites

- 1 cup steamed carrots
- 1/2 cup steamed spinach, only drain a little of the excess water and leave the rest*
- 1 tsp pure vanilla extract
- 1 ½ cups oat flour; could probably use whole wheat, spelt, kamut, or high quality protein powder too
- 1/2 cup coconut flour
- 1/4 cup shredded, unsweetened coconut; I used the kind from Let's Do Organic
- 1/2 cup [PyureSweet Stevia](#); if using pure or liquid stevia extract, use the equivalent of 1 cup of sugar which can be between 1 to 2 tsp depending on brand.
- 1 Tbs Cinnamon; you can use less, but I'm obsessed
- 1 ½ tsp baking powder
- 1/2 tsp baking soda
- Pinch of sea salt

Now Do This!

1. Add wet (first 4) ingredients to the bowl of a food processor and puree until mostly smooth.
2. Whisk all dry ingredients together in a large bowl.
3. Add your puree to the dry ingredients and mix with a large spoon or spatula making sure everything is incorporated.
4. Pour into a loaf pan and bake 50 – 60 minutes in a preheated oven at 350 degrees.
5. The bread is ready when a fork or knife comes out clean when inserted in the center. Cover the top with foil for the last 20 minutes to avoid burning.

*The water from the spinach helps retain volume and moisture since baking with stevia requires less bulk than if using sugar, honey, maple syrup, etc.

Give this to your kids and call it "Green Monster Bread" or something fun like that and feel good knowing they're getting healthy food for their constantly growing body. Every knows what's up!



And of course, this breadâ€™s deliciousness is only compounded when you put a think layer of [NuttZo](#) on top. Remember, save yourself 15% on the best organic nut & seed butter in existence and used code **liley15** when purchasing from their [product page](#). Itâ€™s good for you, good for me, and everyone loves it! Winning all around! If only I can get Avery to give me back the jarâ€™



What are your thoughts on microwave cooking?

Have you made bread in the microwave before?

Since we never go out to eat and I take on cooking mostly all meals in our house, itâ€™s a must and I swear by the microwave. Never mind that odd glowing I get around 3amâ€™!â€™

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