

Coconut Breadfruit Bread

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Ingredients

3 cups breadfruit flour
1 tsp cinnamon
1 tsp nutmeg
½ tsp salt
3 tsp baking powder
1 coconut (if store-bought,
use about 1 cup)
2-3 cups water
3 eggs
1 ½ cups sugar
2 tsp vanilla

Directions

*Preheat oven 350 degrees.
Grease cake or loaf pan.*

Cut coconut and extract meat.
Put in blender with 2-3 cups water.
Mix well and set aside.
In a large mixing bowl, mix the dry
ingredients.
Add wet ingredients to dry ingredients.
Squeeze the milk from the coconut-water
mixture into the batter and blend.
Add the leftover coconut “trash” (the meat)
once the liquid has been extracted.
Bake for about 30 minutes.



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