



Lemon Cake

½ cup butter, melted
½ cup coconut milk
12 eggs
¾ cup sugar
1 tsp. salt
3 Tbsp. lemon extract
1 cup sifted coconut flour
1 tsp. baking powder
Frosting

Blend together butter, coconut milk, eggs, sugar, salt, and lemon extract. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Pour batter equally into 2 greased 8 or 9x1 1/2-inch layer cake pans or one 9x9x2-inch pan. Bake at 350 degrees (175 C) for 30-35 minutes or until knife inserted into center comes out clean. Cool. Cover with frosting of choice.

Reduced Sugar Lemon Cake

Make Lemon Cake as directed but reduce sugar to ¼ to 1/3 cup depending on desired sweetness, add 3 teaspoons powdered or liquid stevia, and increase coconut milk to ¾ cup plus 2 tablespoons. If using liquid stevia, add it to the wet ingredients. If using powdered stevia, combine it with the coconut flour before mixing it into the wet ingredients. Bake at 350 degrees F (175 C) for 40-45 minutes or until knife inserted into center comes out clean. Cool and frost with frosting of choice. *Compliments of Dr. Bruce Fife, N.D.*

South Pacific Trading Company
Life is short. Drink it in.



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