

A close-up photograph of several almond flour muffins in white paper liners, arranged on a wooden surface. A silver fork is placed in the foreground, resting on one of the muffins. The muffins have a golden-brown, textured top. A semi-transparent white text box is overlaid on the right side of the image.

15 HEALTHY

Almond
**FLOUR
RECIPES**

From The PaleoHacks Kitchen

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ALMOND FLOUR *Pancakes*

L Prep Time: 3 minutes **L** Cook Time: 10 minutes

Ingredients:

- 1 cup almond flour
- 4 eggs
- 1 t vanilla extract
- 1 T coconut oil

Instructions:

1. Whisk eggs and vanilla together in a large bowl; stir in almond flour.
2. Heat coconut oil in a skillet.
3. Once the skillet is warm, pour some of the batter into the skillet to form a pancake. Once batter starts bubbling on the one side, use a spatula to carefully flip pancake over and cook on the other side.
4. Repeat this process until the batter is done and all pancakes are made.
5. Top with simple almond butter and enjoy!





ALMOND BUTTER *Cup Cookies Recipe*

Ingredients:

- 1 cup almond butter
- ½ cup coconut crystals
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- 2 eggs
- ½ cup blanched almond flour
- 2 Tablespoon coconut flour
- ¼ teaspoon salt
- 1 cup dark chocolate

Instructions:

1. Preheat the oven to 350° F. Lightly grease a baking sheet with coconut oil.
2. In a medium bowl combine the almond butter, coconut crystals, vanilla and almond extracts, and eggs.
3. In another bowl combine the almond flour, coconut flour and salt. Add the dry ingredients to the wet ones.
4. With golf ball-sized pieces of dough, form each cookie into the shape of a peanut butter cup. Place on prepared baking sheet and bake for 10-12 minutes, until golden. Allow to cool and then chill in the fridge for 30 minutes.
5. In a double boiler, gently melt the chocolate over low heat. Allow to cool for 15 minutes then pour over the tops of the cooled cookies. Place in the freezer for 30 minutes or until the chocolate is solid.



PALEO *Cinnamon Rolls*

L Prep Time: 30 minutes **L** Cook Time: 20 minutes **🍴** Serves: 8

Ingredients:

- 1 ½ cups almond flour
- 1 T coconut flour
- 1 t baking soda
- 2 T coconut oil, melted
- 1 egg
- 1 T honey
- 1 t vanilla extract
- ¼ cup coconut palm sugar
- 1 T cinnamon
- ⅓ cup cashews, soaked in boiling water for 1 hour and drained
- 2 T maple syrup
- 2 T water
- 1 T coconut oil, melted
- ¼ t vanilla extract

Instructions:

1. Preheat oven to 350°F and grease a pie dish with coconut oil.
2. To prepare the cinnamon rolls: In a large bowl combine almond flour, coconut flour, baking soda, coconut oil, egg, honey, and 1 t vanilla extract until smooth. Place the dough in the freezer for 10 minutes to harden slightly.
3. Place the dough on a sheet of wax paper and cover with another sheet of wax paper. Using a rolling pin, roll the dough out into an 8 in. x 12 in. rectangle.
4. Sprinkle the coconut sugar over the rolled out dough and generously sprinkle with the cinnamon. Using the wax paper to help, roll the dough tightly into a log and seal the end. Place the log in the freezer for another 10 minutes to harden (this will make cutting the rolls easier.)
5. Take the log out of the freezer and cut into 8 equal rolls. Place the rolls in the pie dish, with one in the center and the others around it. Bake for 15-20 minutes until golden brown. Allow the rolls to cool slightly before drizzling with the glaze.
6. To prepare the glaze: Place the drained cashews, maple syrup, water, remaining coconut oil, and vanilla in a blender, and blend until smooth. Drizzle the glaze over the cooked cinnamon rolls and enjoy!



RUSTIC ALMOND *Flour Bread*

 **Prep Time:** 10 minutes  **Cook Time:** 1 hour  **Yield:** One 8.5 x 4 in loaf

Ingredients:

- 2 cups almond meal
- ¼ cup tapioca flour
- ½ t baking soda
- 1 t garlic salt
- 1 t oregano
- 1 t pepper
- 3 eggs
- ¼ cup almond milk
- 1T ghee

Instructions:

- 1.** Preheat oven to 350°F. In a large bowl, mix together almond meal, tapioca flour, baking soda, salt, oregano and pepper.
- 2.** In a separate bowl, whisk together eggs, almond milk and ghee. Pour wet ingredients into dry and stir to combine. Mixture will be thick.
- 3.** Pour mixture into loaf pan and bake for 1 hour.

STRAWBERRY *Chocolate Donuts*

L Prep Time: 5 minutes **L** Cook Time: 15 minutes **🍴** Serves: 6 servings

Ingredients:

- 1 cup strawberries, hulled
- 1 large egg
- ½ cup unsweetened coconut milk
- 1 t vanilla extract
- 1 T honey
- 1 ½ cup almond flour
- ½ cup coconut sugar
- 1 t baking powder
- ¼ t salt
- ¼ cup dairy-free, dark chocolate chips

Instructions:

- 1.** Preheat the oven to 350°F. Grease a donut pan.
- 2.** In a blender, add all ingredients except the chocolate chips. Blend on high a few minutes until mixture is combined and slightly liquid.
- 3.** Pour the batter into the donut molds, distributing evenly. Press a few chocolate chips into the batter of each donut. More is always better!
- 4.** Bake for 15-18 minutes until lightly browned and firm.
- 5.** Remove from the oven and carefully flip the pan upside down onto a cooling rack. Let donuts cool for five minutes before devouring!



DARK CHOCOLATE *Lava Cake*

 Prep Time: 15 minutes  Cook Time: 12 minutes  Yield: 2

Ingredients:

- 2 eggs
- 2 T cocoa powder, divided
- 3 T coconut oil
- 2 T creamy almond butter
- 1/2 t vanilla extract
- 1 T honey
- 1 T almond meal
- 1/2 cup dark chocolate chips

Instructions:

1. Preheat oven to 400°F. Coat ramekins or 2 mugs with a little bit of coconut oil and 1 tbsp of the cocoa powder
2. Melt chocolate chips and coconut oil in the microwave at 30 seconds increments, stir each time until smooth.
3. In a separate bowl, combine eggs, almond butter, honey and vanilla extract. Mix using a hand mixer for 4 minutes. Mixture should be fluffy.
4. Pour melted chocolate into egg mixture, stirring as you pour.
5. Gently stir in almond meal and 1 tbsp of cocoa powder.
6. Divide batter among ramekins or mugs.
7. Place on a cookie sheet and bake for 10-12 minutes. If you are using small ramekins, they may be done closer to ten minutes and closer to 12 minutes for a larger ramekin or mug.
8. Remove from oven and allow to cool 3 minutes. Gently slide a sharp knife around edges of cake to loosen.
9. Put a small plate on top of mug and carefully flip over to remove cakes. You can also carefully scoop them out with a large spoon.

ALMOND FLOUR

French Toast

 Prep Time: 30 minutes  Cook Time: 35 minutes  Yield: 1 to 2

Ingredients:

- 1 ½ cups almond flour
- ¾ cup arrowroot starch powder
- 1 t sea salt
- 1 t baking powder
- 7 T almond milk
- 2 t apple cider vinegar
- 1 t honey
- 4 T ground flaxseeds
- 2 to 3 T water
- ½ ripe banana (¼ cup mashed)
- ½ cup almond milk
- ¼ to ½ t cinnamon
- Dash of vanilla extract
- ¼ T ground flaxseeds
- Coconut oil for cooking
- Banana, sliced
- Blueberries (or any berries)
- Honey or maple syrup, drizzled

Instructions:

1. Preheat the oven to 350°F.
2. For the Paleo bread: Measure all the wet ingredients (7 T almond milk, apple cider vinegar, honey, 4 T ground flaxseeds), except the water, and mix in a bowl thoroughly to ensure the mix isn't clumpy. Note: This is important to do first so that the flaxseeds can soak up the liquid
3. Measure all the dry ingredients (1 ½ cup almond flour, arrowroot powder, sea salt, baking powder), add to a bowl and mix.
4. Add the wet ingredients to the dry ingredients and mix. If the dough is stiff, add the extra water. (It will most likely need the 2 to 3 T water, but don't add more than this as the mix will become too wet).
5. Line a small baking loaf tin with baking paper, then add the bread mix to the tin.
6. Place in the oven and bake for 25 to 30 minutes, or until lightly golden on top and feels solid to the touch.
7. While the bread is baking, prepare the French toast ingredients and toppings. Mash the ½ banana in a large bowl.
8. Add ½ cup almond milk, ¼ T flaxseed, cinnamon, vanilla and stir. If the batter is too chunky, add more almond milk to thin it out. It should be pourable. Place the batter to the side for later.
9. Slice the extra banana for toppings, prep any berries and place to the side.
10. Once cooked, carefully remove the bread from the oven and take the loaf out of the tin. Place on a cooling rack for 5 minutes.
11. Remove the bread from the baking paper and slice into thick pieces.
12. Heat a pan to medium-high. Add a little coconut oil to the pan.
13. Dip a slice of bread in the batter mixture, but be quite quick so that the bread doesn't get too soaked. Make sure the slice of bread is fully covered, then add to the pan.
14. Cook for 3 to 4 minutes on each side or until evenly golden brown. Flip carefully using a spatula. If the french toast appears to be browning too quickly or burning, turn down the heat.
15. Stack French toast slices and add desired toppings (banana, berries and honey).
16. Dig in!

PALEO Churro Waffles

 Prep Time: 15 minutes  Cook Time: 15 minutes  Yield: 6 Servings

Ingredients:

- 2 eggs
- 2 egg whites
- ¼ cup coconut oil, melted
- ¼ cup cashew milk
- 2 T maple syrup
- 1 - ¾ cup blanched almond flour
- 1/2 t baking soda
- ¼ t salt
- ½ cup granulated maple sugar
- 1 t cinnamon

Instructions:




1. In a large mixing bowl, whisk the eggs, egg whites, coconut oil, cashew milk, and maple syrup.
2. Add the almond flour, baking soda, and salt. Mix well.
3. Ladle by ¼ cupfuls onto a preheated waffle iron and cook per manufacturer's instructions. (Recipe should make about 6 square waffles.)
4. In a small bowl, mix together the maple sugar and cinnamon. Transfer to a small plate.
5. Dust/dredge the waffles in the cinnamon sugar and place on serving plate.
6. Serve with maple syrup if desired.





HEAVENLY PALEO

Banana Muffins

 Prep Time: 15 minutes  Cook Time: 13 minutes  Yield: 10 to 12 muffins

Ingredients:

- 3 cups ground almonds
- 2 t baking soda
- ½ t sea salt
- 4 T coconut oil
- 2 T chia seeds or flaxseeds, plus 6 T water
- 2 ripe bananas, mashed
- 1 T vanilla extract
- 1 T ground cinnamon
- 4 T honey or maple syrup

Instructions:

1. Preheat the oven to 350°F.
2. Add 10 to 12 paper muffin cups to a muffin baking tray.
3. Mix 2 T of chia seeds, or ground flaxseeds, with 6 T water and place in the fridge for 15 minutes.
4. Combine all of the ingredients in a large bowl and mix together. Add the chia seed or flaxseed mix to the ingredients and combine everything together to form a batter.
5. Spoon the batter into the muffin paper cups and smooth the tops with the spoon.
6. Place in the oven and bake for 13 to 15 minutes, or until lightly golden brown on top. Place a skewer in the center of a muffin and if it comes out clean, it's ready.
7. Remove from the oven and allow to cool in the tray.



DREAMY FLUFFY *Pancake Recipe*

L Prep Time: 8 minutes **L** Cook Time: 15 minutes **🍴** Serves: 12-14 pancakes

Ingredients:

- ½ cup packed dates
- ½ cup almond flour
- ½ cup almond butter
- ¼ cup palm oil shortening
- ¼ cup coconut milk
- 5 eggs
- 2 T arrowroot flour
- 1 t baking powder
- ½ t sea salt

Instructions:

1. Combine all of the ingredients for the pancakes in a food processor or blender. Mix until smooth.
2. Heat a small frying pan over low heat, and grease it with coconut oil.
3. Using a ¼ cup measuring cup, fill it with batter, then pour the batter onto the fry pan. Using the back of the measuring cup, smooth out the batter to form a 4" pancake stack. You can also use a large, non-stick pancake griddle for cooking.
4. Cook the pancakes for 1 minute on each side.
5. Serve the pancakes with coconut whipped cream, fresh berries, and maple syrup.

MAPLE BACON

Chocolate Chip Cookies

L Prep Time: 5 minutes **L** Cook Time: 10 minutes **🍴** Serves: 8 cookies

Ingredients:

- 4 slices cooked bacon
- 1½ cups almond flour
- 2 T arrowroot starch
- ½ t baking soda
- 1 large egg white
- ½ t almond extract
- ¼ cup maple syrup
- 3 T coconut oil
- ¼ cup dairy-free dark chocolate chips

Instructions:

1. Preheat oven 350°F. Prepare a baking sheet with parchment paper.
2. Add all ingredients (except bacon and chocolate chips) to a food processor. Layer the wet ingredients first, then the dry ingredients. Process until ingredients are fully combined.
3. Add the cooked bacon to the food processor. Process until bacon is broken apart and dispersed throughout the batter.
4. Transfer the batter to a small bowl, then fold in chocolate chips.
5. Scoop ¼ cup of the batter onto the prepared baking sheet. With your hands, flatten the cookies with your hands—just until they're the shapes of cookies.
6. Bake 8-10 minutes at 350 degrees F (or until edges are slightly brown).
7. Remove from the oven. Then immediately transfer them to a wire rack to cool completely—before devouring.



ORANGE POPPY

Seed Muffins

L Prep Time: 5 minutes **L** Cook Time: 12 minutes **🍴** Serves: 6

Ingredients:

- 6 eggs
- 2 T orange juice
- ½ cup honey
- ½ cup melted coconut oil
- ½ cup coconut flour
- ¼ t salt
- 1 T orange zest
- 2 T poppy seeds

Instructions:

1. Preheat the oven to 350°F. Prepare a muffin tray with liners, or spray it with nonstick cooking spray.
2. Using a standing or hand mixer, combine the eggs whites, honey, orange juice, salt, and orange zest. Blend until the eggs are fluffy, and the citrus bubbles with the ingredients.
3. Add the coconut flour and oil,* then mix just to combine. Do not over-combine.
4. Spoon the batter into 6 muffins cavities, filling each one $\frac{3}{4}$ of the way.
5. Bake muffins at 350 °F degrees for 12 minutes.
6. Remove from the oven and allow to cool in the pan for 5 minutes before transferring to a wire rack to cool completely.
7. Store in an airtight container in the refrigerator, or enjoy immediately.

*Pro tip: To prevent the coconut oil from hardening, mix all of the batter with the flour.



FUDGEY PALEO *Brownies*

L Prep Time: 10 minutes **L** Cook Time: 1 hour

Ingredients:

- 3 very ripe bananas
- 4 T almond butter
- ¾ cup almond flour
- 3 T cocoa powder
- 1 t baking powder
- 2 T coconut oil
- 2 ounces dark chocolate

Instructions:

1. Preheat oven to 325°F and grease a 5×9 baking dish with coconut oil.
2. In a large bowl mash the bananas and almond butter. Add the almond flour, cocoa powder, and baking powder.
3. In a small bowl microwave the chocolate and the coconut oil in 30 second increments until the chocolate is almost melted. Stir the mixture until the chocolate is completely melted, and pour into the banana mixture, and stir to combine.
4. Pour the batter evenly into the baking dish and bake for 50-60 minutes, or until a toothpick comes out clean.
5. Let cool for at least one hour before cutting.



MOIST AND CHOCOLATEY

Sweet Potato Blondies

L Prep Time: 10 minutes **L** Cook Time: 25 minutes **L** Serves: 9

Ingredients:

- ½ cup coconut oil, softened but not melted
- ⅓ cup maple syrup
- ½ cup sweet potato puree
- 2 eggs
- 2 cups blanched almond flour
- 3 T coconut flour
- ½ t baking soda
- ½ t salt
- ½ cup dark chocolate chips

Instructions:

1. Preheat the oven to 350° F and grease an 8"x8" glass baking dish.
2. In a mixing bowl, cream together the coconut oil and maple syrup. Mix in the sweet potato puree and eggs.
3. Add the flours, baking soda, and salt and mix well.
4. Fold in chocolate chips.
5. Spread batter evenly in prepared baking dish.
6. Bake for about 25 minutes.
7. Cool a bit, cut, and enjoy.



PINA COLADA

Muffins

L Prep Time: 5 minutes **L** Cook Time: 25 minutes **🍴** Serves: 6 muffins

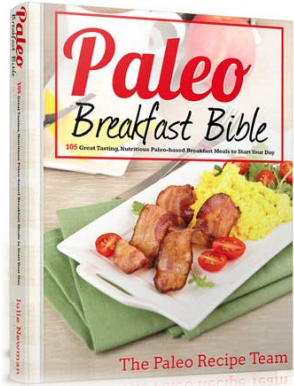
Ingredients:

- 6 large egg whites
- 1 cup almond meal
- ¼ cup coconut flour
- ½ cup pineapple, sliced into ¼-inch pieces
- ¼ cup honey
- ¼ t vanilla extract
- ½ t baking soda
- 1 T unsweetened shredded coconut
- Optional: ¼ cup unsweetened shredded coconut for topping
- ⅝ cup unsweetened coconut cream
- 1 T maple syrup
- ¼ cup pineapple

Instructions:

1. Preheat the oven to 350 °F. Prepare a muffin tin with muffin liners.
2. In a bowl, combine egg whites, honey, and vanilla and whisk until eggs become fluffy.
3. Fold in the almond meal, coconut flour, baking soda and shredded coconut into the wet ingredients.
4. Divide the batter among 6 muffin cavities.
5. Bake at 350 °F for 22-25 minutes, until the tops of the muffins are set and lightly browned around the edges.
6. While the muffins are baking, add the ingredients for the glaze to a blender and blend until the pineapple chunks are broken down. Freeze the glaze while the muffins finish baking.
7. Remove the muffins from the oven. Cool in the pan 2-3 minutes before removing and placing on a baking rack to cool completely.
8. Remove the glaze from the freezer. Using a spatula, spread 1-2 T of the glaze on the top of each muffin. Sprinkle shredded coconut on top.
9. Store muffins in the refrigerator in an airtight container up to one week.

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