

COCONUT BACON



Liquid smoke imparts the flavor of bacon into flaked coconut in this simple, tasty recipe.

Prep Time: 5 minutes

Oven Temp: 275 degrees F

Cook Time: 15 minutes

Serves: 2 cups

Ingredients

2 cups large, flaked coconut, unsweetened
3 T coconut aminos
2 tsp. liquid smoke

½ tsp. pure maple syrup
¼ tsp salt

*see Recipe Notes

Instructions

1. Add all ingredients to a bowl and stir to combine. Mixing by hand can help the liquids coat the coconut.
2. Let the mixture stand a few minutes while oven preheats to further aid absorption.
3. Spread coconut onto a baking sheet lined with parchment paper.
4. Bake 7-8 minutes, remove pan from oven, stir, then return pan oven.
5. Bake an additional 7-8 minutes, stirring once or twice to help coconut bacon cook evenly.
6. Remove from oven and let cool.

Recipe Notes

You can use tamari or soy sauce in place of coconut aminos, but you will need to adjust the salt content. I like using coconut aminos because it is free of additives often found in soy sauce and tamari and it has a lower sodium content. Vitacost.com offers a great price per bottle.

I use Wright's Hickory Liquid Smoke because it is one of the few liquid smoke brands that is free of sugar and other additives.

Although the bacon is soft when it first comes out of the oven, it hardens as it cools.