

**St. Lucia Coco Bread**

**Servings**:            10

**Prep Time:**         30 minutes

**Cook Time:**        20 minutes

**Total Time**:        1 hour

**Equipment Needed**: 3 Bowls, 2 Pots, Whisk for Dry ingredients, Spoon for Wet ingredients, Non-stick Baking Sheet, Rolling Pin, Floured Area, Basting Brush

**Ingredients:**

*Dry Ingredients*

3 ½ Cups                All Purpose Flour

¼ Cup                     Cane Sugar

4 ½ teaspoons        Dry Yeast

1 ½ teaspoon          Sea Salt OR Pink Himalayan Salt

*Wet Ingredients*

1 ½ Cup                   Coconut Milk (13.5 ounces, no more than 120 degrees – right when you see boil bubbles)

¼ Cup                     Water, Warm, Not more than 120 degrees

2 Tablespoons        Softened Earth Balance Butter, more for brushing

2 Tablespoons        Coconut Oil, melted

**Directions:**

1.  Place all Dry Ingredients in a bowl adding the Flour, Cane Sugar, Salt, and Yeast, mixing well with a whisk.

3. Next, pour Water and Coconut Milk into pot on Medium-High heat, stirring constantly. Once it is about to boil, remove it from heat. In a separate bowl (the Wet bowl) add 2 Tablespoons of melted Earth Balance Butter and add the Water/Coconut Milk mixture from the pot, and whisk.

4. Then add the Wet Ingredients to the Dry Ingredients. After 5 minutes of kneading, the dough ball is formed – allow yeast “ball” to rise 5-15 minutes. If the yeast ball is sticky just add All Purpose Flour little by little until it is no longer sticky to your hands.

5.   Cut dough into 10 pieces.

6.   Shape the pieces into balls and allow them to rise for 5 minutes.

7.   Roll each ball thin (about ¼ inch thick). Then using the Basting Brush, butter the dough to the edges, then fold again (in half) and butter again. The result should look like a rounded triangle.

8.   Place triangles on non-stick Baking Sheet.

9.   Allow triangles to rise, then press four light impressions on each triangle – that keeps the bread from puffing up in the oven.

10.  Cook in oven on 350 degrees for 20 minutes.

11.  Allow Bread to cool, covered with a clean dish cloth. Eat & Enjoy!