

Yorkshire Pudding (Wheat-free, Dairy-free)

2 tablespoons creamed coconut
3 eggs
2 cups unsweetened coconut milk
1 cup coconut flour
1 teaspoon baking powder
¼ teaspoon salt
drippings from roast, or vegetables roasted in olive oil

Preheat oven to 475.

Spray a muffin tin lightly with olive oil or coconut cooking spray.

Pour approximately 2 tablespoons of roast drippings into the bottom of each muffin cup.

Once oven is preheated, put muffin tin in oven to heat drippings.

While drippings heat, beat eggs until frothy. Whisk in creamed coconut, and coconut milk.

In separate bowl, mix together coconut flour, baking powder, and salt. Combine with wet ingredients.

Once drippings are very hot and begin to smoke, remove from oven and quickly spoon batter into each tin.

Bake at 475 for 25 minutes.

Allow to cool slightly before serving.

Makes 12 servings, approximately 102 calories per serving