

Coconut flour is a high fiber, high protein, gluten-free flour alternative. You should not substitute coconut flour for wheat or other grain-based flours in a one-to-one ratio, as coconut flour is extremely absorbent.

Coconut flour can hold up to four times its weight in liquid, thus if it is substituted in a 1:1 ratio, the baked good will be very dry and dense. It will also be quite crumbly, as there is no gluten to hold it together. The dryness will also contribute to product's crumbliness.

For best results when baking, recipes should contain an equal ratio of liquid to flour. You can replace up to 20% of flour in a recipe with coconut flour, but you need to add an equal amount of liquid to make up for this substitution. If you do make a full substitution, you can make up for the moisture and structure loss by adding 1 egg for every ounce of flour.

In conclusion, products made with a 100% coconut flour substitution will be denser, drier, and crumblier than the same product made with wheat flour. The baked goods also might have a hint of coconut flavor and aroma.

Sources:

"Coconut Flour." *King Arthur Flour*. King Arthur Flour Company, Inc., n.d. Web. 29 Apr. 2015.

McGruther, Jenny. "How to Bake with Coconut Flour: Tips & Tricks for Using This Gluten-free Flour." *Nourished Kitchen*. Nourished Media LLC, 15 Dec. 2011. Web. 29 Apr. 2015.

"Organic Coconut Flour." *Bob's Red Mill*. Bob's Red Mill Natural Foods, n.d. Web. 29 Apr. 2015.

Trover, Sarah Rae. "Coconut Flour: Is This the Best Gluten-Free Flour?" *The Kitchn*. Apartment Therapy, 19 Jan. 2011. Web. 29 Apr. 2015.