ITALIAN · SIDE

Keto Vegan Focaccia with Coconut Flour and Rosemary

85 min · plus 1 hour resting the dough · Makes 4 × ¼ focaccia · 332 kcal a portion

Video 12:14 · Heavenly Fan

Vegan · Gluten-free ingredients · Nut-free

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Coconut flour, flax and psyllium give 13 g fibre for under 8 g net carbs a quarter, and olive oil is the main fat, so it is filling and gentle on blood sugar.

Diet notes: Keto (7.7 g net carbs a serve).

Ingredients 14 · MAKES 4 × ¼ FOCACCIA

- [ ] 100 g **coconut flour**
- [ ] 20 g **psyllium husk powder**
- [ ] 1 tbsp **ground flaxseeds**
- [ ] 1 tsp **baking powder**
- [ ] ½ tsp **baking soda**
- [ ] 1 tsp **instant yeast**
- [ ] 1 tsp **flaky Maldon salt** (or ½ tsp fine salt)
- [ ] 480 ml **freshly boiled water** (add gradually)
- [ ] 2 tsp **white vinegar**
- [ ] 4 tbsp **olive oil** (good quality), for the dough
- [ ] a generous drizzle of **olive oil** for the dish and the top (about 2 tbsp)
- [ ] **fresh rosemary leaves** and a few sprigs, to top
- [ ] a pinch of **flaky salt**, to top
- [ ] more **olive oil** to drizzle over after baking (optional, about 1 tbsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the kettle on. In a mixing bowl, combine the coconut flour, psyllium powder, ground flaxseed, baking powder, baking soda, instant yeast and salt and mix well. 2:48
2. Stir the vinegar into 470 ml of freshly boiled water. 4:04
3. Make a well in the dry mix, pour in the 4 tbsp olive oil, then add the hot vinegar water a little at a time, mixing and then kneading (about 10 minutes) until the dough is soft, moist and slightly bouncy — you may not need it all. 4:40
4. Shape the dough into a rough ball, return it to the bowl, cover with a damp tea towel and rest 1 hour. It won't rise, but it relaxes and bakes lighter. 6:24
5. Line a shallow oven-safe dish with baking paper, drizzle in plenty of olive oil, then press and spread the dough evenly into it, pinching any gaps closed. 7:07
6. Press dimples all over with your fingertips, drizzle generously with olive oil and spread it over, then scatter rosemary leaves and flaky salt and stick a few sprigs in. 8:02
7. Bake at 170 °C for 50–60 minutes until golden brown, then drizzle with a little more olive oil if you like. 9:16

> **Tip** Serves 4 as the cook suggests (a quarter is filling). Coconut flour soaks up a lot of liquid, so knead well and add water slowly. To make it bigger, spread it wider, not thicker, so the centre cooks through.

The method is a summary in our words — the video shows every step.

One portion (¼ focaccia) gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
332 kcal	5.7 g	21 g	13 g	28 g	690 mg
1,390 kJ	11% of a day	7.7 g net · 1.7 g sugars	47% of a day	6.3 g saturated	30% of a day
		8% of a day		36% of a day	

Energy from net carbs 10% · protein 7% · fat 83% — fits keto: 7.7 g net carbs, 83% of the energy from fat

High in (20%+ of a day) Omega-3 37% · Vitamin E 24%

Source of (10–19%) Vitamin K 13%

Recipe and video: Heavenly Fan (@HeavenlyFan) on YouTube — youtube.com/watch?v=Sh8wRJ1W4tg, published 25 July 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/vegan-coconut-flour-focaccia