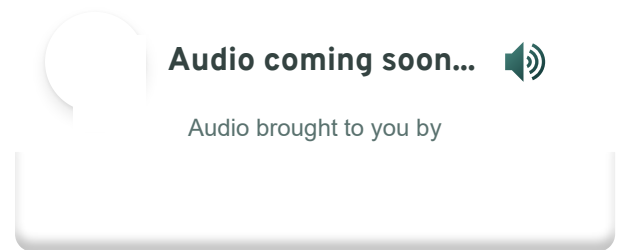


# Coconut Flan Recipe (Flan De Coco)

November 21, 2017 by Dr. Josh Axe, DC, DNM, CN



★★★★★ (25)

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TOTAL TIME	SERVES	MEAL TYPE	DIET TYPE
Prep: 1 hour; Total: 4–6 hours	6–8 slices	<u>Desserts</u> , <u>Gluten-Free</u>	<u>Gluten-Free</u> , <u>Paleo</u> , <u>Vegetarian</u>

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## INGREDIENTS:

### CARAMEL

4 tablespoons water

1 cup coconut sugar

### FLAN

1 tablespoon arrowroot starch

4 eggs

## DIRECTIONS:

1. Preheat oven to 325 degrees.
2. In a saucepan on medium heat, melt sugar and water.
3. Stir often to create a thick consistency like caramel.
4. Pour caramel into a 9-inch glass pie pan and allow to cool so that it doesn't run.

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1¾ cups condensed coconut milk

1 teaspoon vanilla extract

5. In a medium-sized bowl, whisk eggs and arrowroot starch.
6. Add milks and vanilla.
7. Slowly pour milk mixture into the pie pan on top of the caramel.
8. Put pie pan in a baking dish and place in the oven.
9. Take some boiling water and fill the baking dish as a water bath.
10. Bake for 45–50 minutes.
11. Let cool and then place in fridge for 4–6 hours or overnight.
12. To serve, place a large plate face down on top of the pie pan and carefully flip the flan onto the plate.
13. Store in the fridge for 2–3 days.

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