

From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



Pumpkin-Coconut Squares

Prepared by Coach Karen and inspired by a recipe I found in an old file.

- 1-15 oz can pumpkin
- ½ cup organic coconut flour
- 1 t baking powder
- 3 eggs
- 2 T coconut cream concentrate dissolved in ¼ cup water
- 2 T butter
- 2 T extra virgin coconut oil

Pre-heat oven to 350-degrees.

Mix the coconut flour with the baking powder; set aside. Blend all the rest of the ingredients and then mix with the coconut flour and baking powder mixture; mix well. Grease an 8” x 12” rectangular pan with coconut oil. Pour the mixture into the pan. Bake for 45 minutes or until a toothpick inserted into the center of the pan comes out clean. Cool and cut into squares.



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