Coconut Bacon



Fake bacon that tastes like the real thing. Use it in salads, BLTs, or anywhere else that you would add bacon. This coconut bacon is vegan and gluten free, as long as you use gluten-free soy sauce (like tamari).

Recipe yields 1.5 cups coconut bacon.

INGREDIENTS

1.5 cups large, unsweetened coconut flakes (not regular shredded coconut!)

1.5 tablespoons reduced-sodium tamari (or other soy sauce)

1 1/2 tablespoons liquid smoke

1 tablespoons maple syrup

INSTRUCTIONS

Preheat oven to 170 degrees Celsius.

Line a half-sheet pan or large rimmed baking sheet with baking paper.

Measure the coconut flakes out onto the baking sheet. Drizzle the coconut flakes with tamari, liquid smoke and maple syrup.

Mix well. Spread the flakes into an even layer on the baking paper. Bake on the middle rack for 12 to 14 minutes, flipping halfway, until flakes are mostly dry and turning golden on the edges. (Keep an eye on the coconut as it can go from golden brown to deep burnt brown fairly quickly.

For softer bacon, you’ll probably only need to bake for 12 minutes, for crispy bacon, aim for 14.) The coconut flakes will further crisp up as they cool.

Let the “bacon” cool, then use it immediately or transfer to a freezer-safe bag. Coconut bacon keeps well in the freezer for several months. No need to defrost!

**NOTES**

MAKE IT GLUTEN FREE: This dish is gluten free as long as you use gluten-free tamari, which is a variety of soy sauce that is usually (but not always, check the label) gluten free.