

# Smoky, Crispy Coconut Bacon

Catherine Brown, plant-based chef & culinary nutritionist at [A Seat at My Table](#)



This version is adapted from [The Minimalist Baker](#). I started tweaking this last year and finally LOVE it... and it's SO freakin' EASY! -greasy splatter clean-up not included!

Total Time: 18 minutes Prep Time: 5 minutes Bake Time: 11-13 minutes

Here's what you'll need to make 2 cups:

- 2 cups large flake unsweetened coconut
- 1 Tbsp toasted sesame oil (optional)
- 2 Tbsp tamari
- 1 tsp Dijon mustard
- 2.5 Tbsp maple syrup
- 1/2 tsp liquid smoke, any flavor (I prefer mesquite)
- 1.5 tsp smoked paprika
- 1/2 tsp fine smoked salt
- 1/2 tsp freshly ground black pepper

## The Process:

I've tried this recipe both with and without the liquid smoke (which I usually don't care for) and think this small amount of liquid smoke does make a difference in the final product. Either way it's delicious, but I think it tastes more like bacon with the liquid smoke included, just don't add any more than the half teaspoon (unless you really love this flavor).

1. Preheat oven to 325 F. Combine all ingredients in a medium bowl, toss to thoroughly coat.

2. Spread evenly onto a baking sheet, parchment paper is optional. Bake for 6 minutes, toss, then bake for another 5-7 minutes until evenly browned and crisp. Watch it carefully during that last couple of minutes to prevent burning (which can happen quickly!).

3. Cool for 10 minutes. It will become crispier as it cools.

4. If not using right away, cool completely and store in an airtight container at room temperature or in the freezer. If you're making this ahead, you may want to hide it... it's THAT good!

Nutrition Facts	
Servings: 16	
Amount per serving	
<b>Calories</b>	<b>93</b>
% Daily Value*	
<b>Total Fat</b> 7.8g	10%
Saturated Fat 6.1g	30%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 312mg	14%
<b>Total Carbohydrate</b> 4.8g	2%
Dietary Fiber 1.3g	5%
Total Sugars 2.5g	
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	2%
Potassium 14mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Nutrition information is for 2 Tbsps.

Here are some ideas for where to use these Smoky, Crispy Coconut Bacon crumbles:

- on top of [Roasted Brussels Sprouts](#)
- on top of avocado toast
- sprinkled over a salad
- on top of baked potatoes
- sprinkled over sautéed greens
- tucked inside a wrap
- sprinkled over [bean dip](#)

Be sure to show me what you make! Tag me [#chefcatherinebrown](#) - I LOVE seeing what you make!