

Greetings!

We just love mornings in the islands, feeling the warmth of the rising sun while the birds sing is a beautiful way to start the day. Our favorite island morning pleasure is breakfast! We remember fondly our breakfasts during a visit to Jamaica some years ago when we stayed in a charming cottage on the beach. Early each morning, while we were still asleep, the local baker would leave a loaf of coconut bread still warm from the oven in a paper bag tied to our fence. This delicious bread along with sweet juicy fruit ripe from the trees and dark rich Blue Mountain coffee gave us all the fortitude we needed to begin our day in paradise. Try this recipe at home with your favorite homemade fruit jam. Close your eyes, take a bite and you too will be in paradise.

Have a sunny Island Style day!

Cut along dotted line

ISLAND *style*

Recipe of the Month

Sunrise Coconut Bread

16 oz. flour	1 oz. coconut Peel*
1 pinch of salt	½ tsp. ground nutmeg
3 level tsp. baking powder	½ tsp. allspice
6 oz. sugar	1 egg
6 oz. butter or margarine	Coconut water as needed
5 oz. grated coconut	2 oz. raisins

Collect all ingredients needed and grease loaf tin. Sieve flour, salt and baking powder. Knead in butter or margarine and add sugar, coconut, raisins and chopped coconut peel. Add spices, then add beaten egg and knead into dough. Add coconut water for moisture as needed. Roll or knead into shape of tin. Place into greased tin, marking the top with a knife and place into hot oven. Bake at 400 degrees Fahrenheit for 20 to 30 minutes or until golden brown.

*Coconut peel is the inner layer of the coconut between the white flesh and the hard exterior shell.

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