

# The Incredible Coconut Book

*Irresistible coconut recipes that boost weight loss and good health*

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# **The Incredible Coconut Book**

*Irresistible coconut recipes that boost  
weight loss and good health*

## **Including:**

*coconut milk*

*coconut yogurt*

*coconut ice-cream*

*coconut smoothies*

*coconut chocolate mousse*

**All recipes are low-calorie, low fat,  
non-dairy and soy-free.  
They are also gluten-free and lactose-free.**

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## Part One: The Coconut

### *Introduction*

At last, you have in your hands a unique collection of coconut recipes. They are unique for four reasons:

- They can be made quickly and easily.
- They can be made from ingredients that can be stored at home for months at a time with no loss in nutritional value.
- They do not include any dairy products or soy (soya) products.
- They provide a healthy, non-fattening substitute for dairy milk products.

Best of all, these coconut recipes are absolutely delicious, super-nutritious, and non-fattening. There is a wide-held misconception that coconut fat is saturated and therefore bad for health. Nothing could be further from the truth.

In fact, the culinary and health aspects of coconuts are greatly underestimated – they are one of nature’s little miracles and every single coconut is a treasure trove of goodness.

If you are lucky enough to live in a coconut producing part of the world, you will already know the delights of sipping on fresh coconut juice straight from a young, tender coconut. Fortunately, with modern air transportation, coconuts and their products are generally available from supermarkets just about anywhere in the world.

This book has just one purpose: to introduce the reader to the delights of coconuts in all its forms, from raw coconuts to coconut milk, from coconut oil to coconut yogurt, from powdered coconut to coconut cream. Once you enter the delightful world of coconuts you will never want to be far from your favorite coconut products.

Coconuts are very versatile and have been used in just about any recipe and food dish you can think of, ranging from seafood and meat dishes to poultry and vegetable dishes. Also, coconuts are widely used in a myriad of dessert recipes, not to mention the many types of confectionary. Go to Amazon.com and you will find a variety of books covering different aspects of coconuts.

This book brings together the best that coconuts can offer you when it comes to diet, health and well-being. You haven’t really lived until you have tried the delightful aspects of cool, creamy home-made coconut milk. Or how about delicious and unique coconut yogurt, full of probiotic goodness. And coconut ice-cream is just out of this world. (For recipes showing how to make milk and yogurt using nuts, seeds and beans please see “Further Information” at the end of this book or go to [www.the-foolproof-diet.com](http://www.the-foolproof-diet.com).)

In a nutshell (excuse the pun) coconuts give you a great variety of delicious-tasting foodstuffs combined with high quality non-fattening nutrition. What could be better? With ***The Incredible Coconut Book*** you can dive straight in and start enjoying coconut products in all their glory. Fasten your seatbelt for a roller-coaster coconut ride!

## ***A Brief History of Coconuts***

Coconut trees (also called *coconut palm trees* or *coco palms* to distinguish them from the many other varieties of palm trees) grow in the tropics all over the world. They are widely cultivated in Malaysia, Sri Lanka, India, and parts of Florida and the Caribbean.

Coconut trees typically grow to a height of 20 – 30 m (60 – 100 ft), and each tree can produce between 100 and 200 coconuts a year. A coconut has three ‘eyes’ the biggest of which can be punctured to pour out the juice. By also puncturing one of the smaller eyes, the juice will pour out more easily as air pressure will be released.

Coconuts grow in tropical climates all over the world, as far north as the USA and as far south as Southern Africa. The top ten coconut producing countries in the world are: Philippines, Indonesia, India, Brazil, Thailand, Vietnam, Sri Lanka, Papua New Guinea, Malaysia, and Myanmar. Between them they produce about 55 million tones of coconuts per year.

The coconut palm tree is grown for decoration as well as for its many culinary and non-culinary uses; virtually every part of the coconut palm has some human uses. In cooler climates (but not less than USDA Zone 9), a similar palm, the Queen palm (*Syagrus romanzoffiana*) is used in landscaping. Its fruit are very similar to the coconut but much smaller. It was originally classified in *Cocos* genus along with the coconut, but was later moved to *Syagrus*. A recently discovered palm, *Beccariophoenix alfredii* from Madagascar is nearly identical to the Coconut, even more than the Queen palm. It is cold-hardy and makes a good coconut-lookalike for some of the cooler climates of the world.

The coconut has spread across much of the tropics, probably aided in many cases by seafaring people. Coconut fruit in the wild is light, buoyant and highly water resistant and evolved to disperse significant distances via marine currents. Fruit collected from the sea as far north as Norway are viable. In the Hawaiian Islands, the coconut is regarded as a Polynesian introduction, first brought to the islands by early Polynesian voyagers from their homelands in Oceania. They are now almost ubiquitous between 26°N and 26°S except for the interiors of Africa and South America.

The flowers of the coconut palm are polygamomonoecious, with both male and female flowers in the same inflorescence. Flowering occurs continuously. Coconut palms are believed to be largely cross-pollinated, although some dwarf varieties are self-pollinating. The "nut" of the coconut is the edible endosperm, located on the inner surface of the shell. Inside the endosperm layer, coconuts contain a wonderful watery juice that can be sweet or salty or both sweet and salty.

Coconut milk, called "santan" in Malay and "Katas Ngungut" in Kapampangan, is made by grating the endosperm and mixing it with warm water. The resulting thick, white liquid is used in much Asian cooking, for example, in curries. Coconut water from the unripe coconut can be drunk fresh. Young coconuts used for coconut water are called tender coconuts. The water of a tender coconut is liquid endosperm. It is sweet (mild) with an aerated feel when cut fresh. Depending on the size a tender coconut could contain liquid in the range of 300 to 1,000 ml.

Coconuts received the name from Portuguese explorers, the sailors of Vasco da Gama in India, who first brought them to Europe. The brown and hairy surface of coconuts reminded them of a ghost or witch called Coco. When coconuts arrived in England, they retained the coco name and nut was added.

## ***Why Coconuts Are Not Fattening***

Although coconut meat contains less fat than other dry nuts such as almonds, it is noted for its high amount of medium-chain saturated fat. About 90% of the fat found in coconut meat is said to be saturated because it solidifies at room temperature.

It used to be thought that because coconut oil (i.e. the oil or fat contained in the white coconut flesh) is saturated it is therefore bad for your health – but this is not so. Past research was often based on hydrogenated coconut oil, rather than virgin coconut oil, thus giving a false impression that it was fattening and bad for health. Also, it was not realized that some saturated fats end up as surplus body fat and others are burnt as energy or broken down to unsaturated fats, depending on their atomic structure.

Modern research shows coconuts to be a valuable source of healthy nutrition. About a third of the white coconut flesh is fat, and although most of this fat (90%) is technically classed as *saturated* it is mostly made up of MCFA's (medium chain fatty acids). MCFA's are chains of molecules that are burnt up as energy rather than being stored as body fat. Because of this, coconut oil/fat is increasingly used in weight-loss regimes. Note: MCFA's are also known as MCT's (medium chain triglycerides).

Around 50% of these MCFA's are made up of lauric acid, the most important essential fatty acid in building and maintaining the body's immune system. Apart from coconut oil, the only other source of lauric acid found in such high concentrations is human milk.

Coconuts are nature's richest source of MCFA's and they have important antibacterial, antimicrobial, and antiprotozoal properties that make up the building blocks of a healthy immune system. Coconut oil that has been kept at room temperature for a year has been tested for rancidity, and showed no evidence of it because of its antimicrobial properties.

Scientific studies have shown that the fatty acids from MCFA's in coconut oil are not easily converted into stored triglycerides, and that MCFA's cannot be readily used by the body to make larger fat molecules. One study concluded that "*the change from a low-fat diet to a MCFA diet is attended by a decrease in the body weight gain*" [source: Hill JO, et al, Thermogenesis in humans during overfeeding with medium-chain triglycerides, *Metabolism*, July 1989;38(7):641-8].

In another study by the School of Dietetics and Human Nutrition, McGill University, Canada, the effects of diets rich in medium-chain and long-chain fats were assessed in overweight men. The study concluded that "*Consumption of a diet rich in medium-chain fatty acids results in greater loss of stored body fat compared with long-chain fatty acids*" [source: St-Onge MP, et al, Medium-chain triglycerides increase energy expenditure and decrease adiposity in overweight men, *Obes Res.* 2003 Mar;11(3):395-402].

Another study compared metabolic rates in the human body (i.e. the rate at which calories are burnt up). The study compared meals with MCFA's and LCFA's (long-chain fatty acids found in animal fats). The authors concluded that replacing dietary fats with MCFA's could "*over long periods of time produce weight loss even in the absence of reduced [caloric] intake*" [source: T. B. Seaton, et al, Thermic effects of medium-chain and long-chain triglycerides in man, *Am J Clin Nutr*, 1986;44:630-634].

There are many other studies showing that MCFA's in coconuts are not fattening and that MCFA's are much less likely to get stored as body fat compared to LCFA's (the saturated fat found in animal and dairy products). Furthermore the Glycemic Index ratings for coconuts and tinned coconut milk are low (45 and 41 respectively), indicating that these products are non-fattening in terms of blood glucose and body-fat storage.

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The confusion over whether coconut fat is fattening has arisen because of the differences between the use of coconut oil in cooking, and the use of coconut milk or coconut flesh. Both the American Heart Association and the National Heart Foundation recommend avoiding the use of coconut oil for cooking, but both their websites include recipes that contain coconut milk, albeit a reduced-fat version.

Despite the fuzzy perception that all things plant must be better for us, oil made from coconuts actually contains about 85 to 90 per cent saturated fat. Saturated fats, usually the dominant type in animal foods, are generally regarded as the baddies when it comes to heart disease.

Even reduced-fat coconut milk contains about 10 grams of saturated fat per 100 grams, compared to about 2.3 grams per 100 ml in reduced-fat cow's milk.

There are a number of websites claiming that the saturated fats in coconut oil are different to the saturated fats we're told to avoid in animal products. They also claim that coconut will help you lose weight, prevent wrinkles, treat serious illness, and, well, change your life. Although some of these claims may be a little exaggerated, they are not far off the mark.

The truth is that saturated fats differ from each other chemically – depending on the number of carbon atoms they carry – and different foods have varying concentrations of the different saturated fatty acids. The saturated fat in coconut oil consists mainly of lauric acid and myristic acid, with lesser amounts of palmitic acid, whereas for example chocolate and beef are dominated by palmitic acid.

To be clear, this book is not claiming that coconuts promote weight loss. No food in the world can do this. However, coconut oil (i.e. coconut fat) is less fattening than any other kind of saturated oil or fat. Equally, coconut oil is better for health than any other kind of oil or fat apart from pure monounsaturated oil.

There's no doubt that all the fatty acid in all kinds of food do indeed raise cholesterol, but the more important question is what kind of cholesterol do they raise – is it the bad LDL cholesterol, or the good HDL cholesterol?

The research isn't entirely clear on this point, but it seems the fatty acids found in coconut oil do raise LDL – bad cholesterol – as do other saturated fats, like butter, beef and dairy milk. But unlike animal-based products, coconut fat also raises HDL cholesterol; this is good cholesterol which mostly cancels out the bad LDL cholesterol.

So it's fair to say that coconut fat does not act to get rid of bad cholesterol (no food does this). But equally, compared to dairy milk, butter, meat and many animal products, coconut fat is not a major cholesterol contributor.

Some studies have shown that palmitic oil contributes to heart disease and this again has created confusion in people's minds about coconut oil. Palm oil is not coconut oil. They are both high in saturated fats but the two differ in their molecular and fatty acid make-up. Palm oil is very high in palmitic acid, whereas coconut oil is very low in palmitic acid, but high in health-promoting lauric acid.

A Dutch study found, for example, that consumption of fat rich in lauric acid, as coconut fat is, is still better for your cholesterol profile than fat high in trans-fatty acids – a form of unsaturated fat created during manufacturing of foods like biscuits and pastries, which are known to be even worse than saturated fats for your cholesterol profile.

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Several studies have looked at the health of people whose diets are particularly high in coconut products – oil, flesh and milk – and found that when their whole diet is taken into consideration, coconut is actually a benign and possibly even helpful component.

Professor Mark Wahlqvist, director of the Asia Pacific Health and Nutrition Centre at Monash University, has been examining the health of people in West Sumatra for around 25 years. Coconut is a staple of West Sumatran cuisine, particularly among the people of the Minangkabau region, but lately its use has been declining as more convenient cooked foods have become readily available. At the same time, the rates of coronary heart disease have gone up.

It was found that while Minangkabau people do consume a lot of coconut products and use the oil extensively for cooking, they use it in conjunction with a high intake of fresh fruit, vegetables and fish. In fact, the use of coconut actually encouraged consumption of fish and vegetables, as anyone who enjoys a good Thai fish curry can well appreciate.

Professor Wahlqvist's research also found that it wasn't the amount of fat – either saturated or unsaturated – in their diet that made the difference between a healthy or unhealthy heart, it was how much meat, eggs, sugar, carbohydrates and cholesterol they ate. People with heart disease tended to eat more meat, eggs and sugar, and have higher intakes of protein. Most importantly, coconut consumption as flesh or milk was the same for both the healthy or unhealthy people.

As mentioned, coconut oil is unusually rich in short and medium chain fatty acids. Lauric acid, the major fatty acid from the fat of the coconut, has long been recognized for the unique properties that it lends to non-food uses in the cosmetic and soap industry. More recently, lauric acid has been recognized for its unique properties in foods which are related to its antibacterial, antiviral and antiprotozoal functions.

Desiccated coconut is about 69% coconut fat, as is creamed coconut. Full coconut milk is approximately 24% fat. Approximately 50% of the fatty acids in coconut fat are lauric acid. Lauric acid is a medium-chain fatty acid, which has the additional beneficial function of being transformed into a substance called "monolaurin" in the human body. Monolaurin is an antibacterial, antiviral and antiprotozoal substance used by the human body to destroy lipid-coated viruses such as HIV, herpes, influenza, various pathogenic bacteria and protozoa such as giardia lamblia.

Capric acid, another one of coconut's medium-chain fatty acids has been added to the list of coconut's antimicrobial components. Capric acid is found in large amounts in coconuts and it has a similar beneficial function when it is transformed into "monocaprin" in the human body. Monocaprin has been shown to have antiviral effects against HIV and is being tested for its antiviral effects against herpes simplex and antibacterial effects against chlamydia and other sexually transmitted diseases.

Also, research has shown that natural coconut fat in the diet leads to a normalization of body lipids, protects against alcohol damage to the liver, and improves the immune system's anti-inflammatory response.

***Coconuts are not fattening because coconut fat, although technically classed as saturated, contains medium chain fatty acids which do not end up as body fat.***

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The medium-chain fatty acids and monoglycerides found primarily in coconut oil have tremendous healing power. It is rare in the history of medicine to find substances which have such useful properties and still be without toxicity or even harmful side effects.

The food industry has long been aware that the functional properties of coconut oil are unsurpassed by other commercially available oils. Unfortunately, in the United States, during the 1980s and 1990s, the commercial interests of the U.S. domestic fats and oils industry with their anti-saturated fat agenda were successful at driving down usage of coconut oil.

The anti-fat campaign really began in the late 1950s, when a researcher in Minnesota, USA announced that the heart disease epidemic was being caused by hydrogenated vegetable fats. The edible oil industry's response at that time was to claim that it was only the SATURATED FAT in the hydrogenated oils which was causing the problem. The industry then announced that it would be changing to 'partially hydrogenated' fats and that this would solve the problem. In fact, there was no change at all because the oils were already being partially hydrogenated, and the levels of saturated fatty acids remained about the same, as did the levels of the trans fatty acids. The only thing that really changed was the term for hydrogenation or hardening listed on the food labels.

As a result of the acceptance of this new 'anti-saturated fat' agenda by the domestic edible oils industry, there was a gradual increase in the emphasis on replacing 'saturated fats' in the diet with larger amounts of the 'polyunsaturated fats'. The government dietary guidelines remain very 'anti-saturated fat' to this day.

In the early sixties, the only tropical oil singled out as high in saturated fats was coconut oil. Palm oil had not entered the United States food supply to any extent and had not become a commercial threat to the domestic oils.

In the early 1970s, although a number of researchers were voicing concerns about trans fatty acids, the edible oil industry and the U.S. Food and Drug Administration (FDA) were engaging in a revolving-door exchange which would condemn the saturated fats, promote the increasing consumption of partially hydrogenated vegetable oils and hide the trans fatty acid problem.

In 1971, the Food and Drug Administration (FDA)'s general counsel became president of the edible oil trade association, and he in turn was replaced at the FDA by a food lawyer who had represented the edible oil industry.

From that point on, the truth about any real effects of the dietary fats had to play catch-up. The U.S. edible oil industry sponsored 'information' to educate the public, and the natural dairy and animal fats industries were inept at countering any of that misinformation.

Not being domestically grown in the U.S., coconut oil and palm oil were not around to defend themselves at that time. That is how coconut oil fell out of favor with the public.

Eating raw coconut would clearly be the best option, but most of us do not have access to this, so using coconut oil is the next best thing. One way you will want to consider adding coconut oil to your diet is to use it exclusively for all your cooking and sautéing needs. Because coconut oil is a form of saturated fat it does not form dangerous trans fatty acids.

The coconut milk recipe given in this book is non-fattening and provides an excellent source of nutrition in any weight loss regime because, as mentioned, the saturated fat is made up of short-chain and medium-chain fatty acids that are easily and quickly assimilated by the body; they are mostly *not* stored as fat in the body like the long chain fatty acids in animal-based foods.

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For the technically minded coconut fat such as lauric acid is metabolized immediately by the liver and hence broken down to glucose and glycogen for storage in lean muscle tissue where it is burnt off as energy.

In a study published in September 2009 Dr Nigel Turner said that *'coconut fat leads to less fat storage in muscle and better insulin action...if someone is trying to prevent weight gain...they may benefit by [using coconut] oil containing medium chain fatty acids, as long as consideration is given to the potential problem of excess fat in the liver'*. The study concluded that *"coconut oil could help reduce the symptoms of Type 2 diabetes"* [source: media release titled "How coconut oil could help reduce the symptoms of Type 2 diabetes", Sept. 2009, Garvan Institute of Medical Research, Australia].

Of course, anything consumed to excess is bad for you – people have even died from over-drinking water! So naturally, just about any kind of fat (including coconut fat) can harm the liver if eaten to excess. Moderation is important whatever the food.

## **Coconut Nutrition**

Coconut meat (the white flesh) contains less sugar and more protein than popular fruits such as bananas, apples and oranges, and it is relatively high in minerals such as iron, phosphorus, magnesium, potassium and zinc. Here is a table of nutrition for raw coconut meat:

Nutrient	Units	Value per 100 grams edible	Nutrient	Units	Value per 100 grams edible
<b>Proximates</b>			<b>Lipids</b>		
Water	g	46.99	Fatty acids, total saturated	g	29.698
Energy	kcal	354	6:0	g	0.191
Energy	kJ	1481	8:0	g	2.346
Protein	g	3.33	10:0	g	1.864
Total lipid (fat)	g	33.49	12:0	g	14.858
Ash	g	0.97	14:0	g	5.866
Carbohydrate, by difference	g	15.23	16:0	g	2.839
Fiber, total dietary	g	9.0	18:0	g	1.734
Sugars, total	g	6.23	Fatty acids, total monounsaturated	g	1.425
<b>Minerals</b>			18:1 undifferentiated	g	1.425
Calcium, Ca	mg	14	20:1	g	0.000
Iron, Fe	mg	2.43	22:1 undifferentiated	g	0.000
Magnesium, Mg	mg	32	Fatty acids, total polyunsaturated	g	0.366
Phosphorus, P	mg	113	18:2 undifferentiated	g	0.366
Potassium, K	mg	356	Cholesterol	mg	0
Sodium, Na	mg	20	Phytosterols	mg	47
Zinc, Zn	mg	1.10	<b>Amino acids</b>		
Copper, Cu	mg	0.435	Tryptophan	g	0.039
Manganese, Mn	mg	1.500	Threonine	g	0.121
Selenium, Se	mcg	10.1			
<b>Vitamins</b>					
Vitamin C, total	mg	3.3			

ascorbic acid			Isoleucine	g	0.131
Thiamin	mg	0.066	Leucine	g	0.247
Riboflavin	mg	0.020	Lysine	g	0.147
Niacin	mg	0.540	Methionine	g	0.062
Pantothenic acid	mg	0.300	Cystine	g	0.066
Vitamin B-6	mg	0.054	Phenylalanine	g	0.169
Folate, total	mcg	26	Tyrosine	g	0.103
Folate, food	mcg	26	Valine	g	0.202
Folate, DFE	mcg_DFE	26	Arginine	g	0.546
Choline, total	mg	12.1	Histidine	g	0.077
Vitamin E (alpha-tocopherol)	mg	0.24	Alanine	g	0.170
Tocopherol, gamma	mg	0.53	Aspartic acid	g	0.325
Vitamin K (phylloquinone)	mcg	0.2	Glutamic acid	g	0.761
			Glycine	g	0.158
			Proline	g	0.138
			Serine	g	0.172

**Source: USDA National Nutrient Database  
for Standard Reference, Release 22 (2009)**

Coconuts are one of the most nutritious of all fruits, but unfortunately in the United States and some other countries they are also one of the most overlooked. Coconuts are not a traditional part of the so-called “Western diet”, but have been a staple food to many populations, such as island and Asian cultures, for centuries.

Most people think that coconut milk is the liquid inside the coconut, but this is not the case. The liquid inside the coconut is known as coconut water or juice, and coconut cream is made from pressing the coconut meat. Coconut milk is made from the expressed juice of grated coconut meat and water.



Coconut oil, on the other hand, is the fatty oil that comes from the coconut meat. The terms coconut oil and coconut fat are synonymous. It's important to note that coconut oils on the market vary dramatically in terms of quality. Low-quality coconut oils, which should be avoided, are processed by chemical extraction, using solvent extracts, which produces higher yields and is quicker and less expensive. However, the oils contain chemical residues and many are also hydrogenated, bleached and deodorized.

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High-quality coconut oil is a completely different product and is truly the healthiest oil you can consume. It is a much safer alternative to other popular oils such as canola oil, where most of its omega-3s are transformed into trans-fats during the deodorization process, which increases the dangers of chronic diseases.

Coconut oil is about 50 percent lauric acid, a rare medium-chain fatty acid found in mother's milk that supports healthy metabolism and is now being studied for its anti-fungal, anti-viral, and anti-bacterial health-protecting properties. Overall, coconut oil contains 92% 'saturated' fats, and only 1% Omega-6, the fat that most people should minimize for good health.

Because of the drastic variations in coconut oil quality, it is very important to ensure you only use pure top quality food-grade oil for optimum nutrition. The coconut oil should be certified organic and meet all the other requirements such as no bleaching, deodorizing, refining or hydrogenation. Also the coconut oil should be made just from fresh coconuts (not from dried or processed coconut ingredients).

Be aware that some people who are allergic to nuts in general may also be allergic to coconuts. But apart from this, coconut can be safely added to just about everyone's diet. And to get the full health benefits of coconuts they should be consumed on a regular basis.

### ***Coconuts provide a good variety of minerals and health-promoting oils, and contain no cholesterol***

Fresh coconut juice is one of the highest sources of electrolytes known to man, and can be used to prevent dehydration, for instance in cases of diarrhea or strenuous exercise, instead of a sports drink. Some remote areas of the world even use coconut juice intravenously, short-term, to help hydrate critically ill patients in emergency situations.

Other health benefits of coconuts and coconut oil include:

- Help with weight loss or maintain your ideal weight.
- Reduce the risk of heart disease.
- Lower the levels on unhealthy cholesterol.
- Improve conditions in those with diabetes and chronic fatigue.
- Avoid Crohn's Disease, IBS, and other digestive disorders.
- Prevent other disease and routine illness with its powerful antibacterial, antiviral and antifungal properties.
- Increase metabolism and promote healthy thyroid function.
- Boost your daily energy.
- Rejuvenate your skin and prevent wrinkles

### ***Coconut Products & Storage***

Fresh coconuts in their brown hairy shell retain their good quality for up to a month in the refrigerator if intact. To maintain maximum freshness do not store whole coconuts at room temperature for more than a few days. Ideally, put the coconuts in the refrigerator as soon as you get home from shopping.

To store coconut flesh out of its shell, keep refrigerated and immersed in water, and use within 3 days (or freeze and use within 3 months). These are the recommended storage times for coconut flesh out of its shell:

- Refrigerator: 2-7 days.



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- Freezer: 1-3 months.
- Desiccated coconut (i.e. Shredded/Grated and dehydrated): 6-12 months in refrigerator, longer if frozen.

The following table provides a list of some coconut products that can be bought in grocery stores in most parts of the world:

<b><i>Some Coconut Products Commercially Available</i></b>		
<b>Coconut products</b>	<b>Notes</b>	<b>Storage</b>
Tinned/canned coconut milk (various brands)	Thick creamy coconut liquid made from fresh coconuts. Normally tinned (canned) and widely sold through retailers. Can be used with other ingredients to make a wonderful alternative to dairy milk (see “Coconut Milk Recipe” in this book).	Store in a cool food larder as with any other type of tinned food. Once opened, if not using up decant into an airtight container and store in the refrigerator for up to 5 days.
Coconut cream (sometimes called “Cream of Coconut”)	Thicker than tinned coconut milk (less water). Can be used as an alternative to dairy or soy cream. Sold in tins and in small aseptic cartons.	Store in a cool food larder as with any other type of tinned food. Once opened, if not using up decant into an airtight container and store in the refrigerator for up to 5 days.
Creamed coconut	Made entirely from fresh coconuts, creamed coconut is condensed into a semi-hard bar and sold in a packet so that chunks can be cut off for use in recipes. Retailed in some parts of the world.	Although usually not sold from refrigerated shelving in retail outlets, it is best to keep refrigerated once opened.
Desiccated coconut	Sold in packets as sweetened or non-sweetened grated coconut. It can be further milled into a powder using a grain mill.	Although usually not sold from refrigerated shelving in retail outlets, it is best to keep refrigerated once opened. It can also be stored in the freezer as the shredded coconut does not clump together.

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Coconut oil	Sold in a variety of volume sizes. Typically sold as cold press Extra Virgin Coconut Oil The good quality oil is extracted from fresh coconut flesh and is not copra derived.	Store in a cool, dark place, away from artificial light or sunlight. Once opened, it is best kept refrigerated. Note that when chilled the oil can firm up a little. This is perfectly normal.
Coconut ice-cream	Can be bought commercially from retailers. Alternatively, make your own using the recipe in this book.	Keep in the freezer at all times.

## Part Two: The Recipes

### *Introduction*

This part of the book provides mouth-watering recipes for making coconut milk, coconut ice-cream, coconut yogurt, coconut smoothies and coconut chocolate mousse. All the recipes can be made at home quickly and easily once you have the ingredients to hand.

This book is very special because it is the only book in the world that shows how to make coconut recipes without using soy (soya) and without using any kind of animal-derived products. The recipes that follow are therefore ideal for any diet regime, culture or religion. It also means the recipes are healthy, non-fattening and nutritious. For more super-healthy and delicious recipes based on nuts, seeds, and (non-soy) beans please see the book “*The Foolproof Diet*” ([www.the-foolproof-diet.com](http://www.the-foolproof-diet.com)).

If you have never experienced home-made coconut milk you’re in for a fabulous new experience. With this book you can now make coconut milk at home whenever you like, quickly and easily (“at the drop of a hat”). The whole process of making the milk and clearing up afterward should not take longer than 2-5 minutes, assuming you have the ingredients and recipe to hand. It would probably take longer (and cost more) to buy milk from a retailer! But best of all, coconut milk is far, far superior to any kind of commercial milk, whether it be dairy or non-dairy. Once you have experienced the fabulous taste and quality of home-made coconut milk you will never want to be without it.



Unlike their commercial equivalents, the recipes in this book do not include sugar, salt, additives, preservatives, dairy products, saturated fats, hydrogenated fats, or any other unhealthy ingredients that abound in most commercial products.

By using the coconut recipes in this book, you and your whole family can now enjoy yogurt, milk, ice-cream, smoothies and chocolate mousse knowing that you are benefiting from good quality nutrition while keeping obesity at bay. If you want the best recipes for making milk, yogurt, ice-cream and the like, but using nuts, seeds and beans, these are given in the book “*The Foolproof diet*” ([www.the-foolproof-diet.com](http://www.the-foolproof-diet.com)).

Every recipe in this coconut book has been carefully devised so as to be simple and quick to make and so as to provide maximum nutritional value from ingredients that can easily be stored at home. The recipes are absolutely delicious and they will soon become a part of your everyday life.

**Important Note:** Children under the age of two should not be given any type of milk, *whether dairy or non-dairy*. The only exceptions to this are human breast milk and infant formula milk.

## **Milk Making Tips**

Here are some simple tips to help you make delicious and super-nutritious coconut milk.

Home-made coconut milk can be stored in the refrigerator for 3-5 days just like any regular milk so long as you use the purest, cleanest drinking water in the recipe. Otherwise, the home-made milk will deteriorate quickly once made.

Ideally, you should use pre-boiled or distilled water for making coconut milk. Note that activated carbon water filters do not remove all bacteria, and such water should first be boiled if using for milk making. If you only have tap water available, boil the water first for one or two minutes and then let cool.

To clarify further: ***You should only use pre-boiled water, distilled water, or full reverse osmosis water. If you only have filtered water, bottled mineral water or tap water***



***available, you should first boil the water and let cool.*** Bugs can multiply quickly, and failure to use pre-boiled water is likely to result in poor quality milk.

It is best to always use *cold* water (not warm or hot) when making coconut milk. This helps to maintain freshness and prolong shelf-life in the refrigerator. If the milk seems to go off after just 2 or 3 days it means that you either used poor quality water or that the water used was not completely cold. The milk should stay fresh in the refrigerator for at least 5 days.

To make a larger volume of milk than the amount in the recipe, simply increase the ingredients proportionately. If you find that the milk is too

‘creamy’ simply add a little water. If you find that the milk is a little too ‘thin’ for your liking, then next time you make it, simply increase the basic ingredient in the recipe or use less water.

When freezing coconut milk for future use, it is best to divide the milk into several small containers for freezing. Alternatively, freeze the milk using ice-cube trays and create bags of ice-cube milk.

When serving home-made milk that has been stored in the refrigerator, you may notice that the ingredients in the milk have separated from the water. This is perfectly natural. Simply give the milk a good shake or stir whenever serving.

One practical way to store the milk in the refrigerator, once made, is to divide the milk into, say 3 or 4 air-tight glass or plastic containers with screw tops. This helps to keep the milk fresher, and then before serving, the container can be shaken briefly before serving.

To summarize:

- Use only pre-boiled water, distilled water, or full reverse osmosis water. If you only have filtered water, bottled mineral water or tap water available, you should first boil the water. Bugs can multiply quickly and spoil the milk – don’t ignore this.
- Always use completely cold water to make milk. Never use warm or hot water as this will reduce shelf life of milk.

- Keep refrigerated, and use the home-made coconut milk within 5 days. Alternatively, freeze the milk for future use.

## ***Coconut Milk Recipe***

**Nut allergy:** Always be aware that some people may be allergic to nuts and nut-based milks.

The following two methods show how to make coconut milk using a fresh coconut or using tinned coconut milk. Do not confuse “tinned coconut milk” with “home-made coconut milk”. The former is a condiment. The latter is a milk replacement. The approximate volume of home-made coconut milk in this recipe is about 10-12 cups of milk (for either method 1 or method 2).

**Note:** as an alternative to using a fresh coconut you may use any combination of desiccated (grated) coconut and/or tinned ‘coconut milk’. Both these products are widely available from supermarkets. Tinned ‘coconut milk’ is typically sold in 400 ml (14 oz) tins. You may even use a combination of all three: fresh coconut, tinned ‘coconut milk’, and desiccated coconut. For people in a rush, the quickest method is to use “Method Two”, i.e. two tins of ‘coconut milk’ instead of a fresh coconut. Clearly, a fresh coconut will taste best, particularly as you can add the coconut juice to the recipe

### **Method 1: using a fresh coconut**

**Ingredients:** 1 fresh coconut, 6 cups purest pre-boiled drinking water, 2 cups frozen beans (see Appendix A), and a sweetening agent such as Xylitol or Stevia (so as to give the sweetness equivalent to 1 level tablespoonful of sugar). Do not use any kind of artificial sweetener containing aspartame.

#### **Method**

1. Drain and strain coconut juice and put aside in a cup. To extract juice use a hammer and nail to carefully puncture two eyes (or all three eyes) in the coconut. Alternatively, it may be sufficient to use a cork screw to puncture the coconut eyes. Drain juice into a cup or bowl, and then strain the juice through a small sieve to remove any debris. The amount of juice in coconuts does vary – do not be concerned if the amount in your particular coconut is not plentiful. To check that coconut is edible and fresh, the coconut juice should be sweet tasting. If bitter, discard juice and coconut.
2. To break open and remove coconut flesh from shell, wrap coconut in an *old non-essential* towel/cloth; bunch and hold the cloth (not the coconut). ***Make sure you have removed juice first!*** Then smash coconut shell with hammer several times to break shell into several pieces. Do this on a flat hard surface such as a flat stone, a concrete floor or driveway. Do not do this on your kitchen work surface or floor in case of damage.
3. Remove coconut flesh from shell and wash well to remove debris. Cut into 1-2 inch pieces then wash and rinse again. There is no need to take brown skin off the flesh. **Important:** Be careful to remove all traces of coconut shell by rinsing well so that blender blades (and your stomach!) do not become damaged. An average size coconut will produce about 2-3 cups of coconut chunks.
4. Put all ingredients into a big bowl, including the coconut chunks and juice. Mix with a spoon and then transfer *half* the mixture to the blender.
5. Blend all ingredients until thoroughly mixed (30 to 90 seconds depending on blender).
6. Pour blender contents into a container for straining (see appendix B) and repeat steps 4 and 5 for the remainder of ingredients. Strain all the milk and store the strained milk in

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the refrigerator. This ensures that any traces of the hard coconut shell are removed. It is best to store milk in an air tight container in the refrigerator. Use milk within 5 days at most, or freeze for future use. The milk will separate during storage. This is perfectly natural. Simply Shake or stir milk before serving.

7. If freezing the milk it is best to divide the milk into smaller amounts before freezing – that way you can use up the milk gradually over a longer period of time.
8. Repeat above steps 4 to 7 for the second half of ingredients that you kept back in step 4.

**Note:** during refrigeration the coconut milk will separate a little from the water. This is perfectly natural. Simply shake or stir before serving.

## **Method 2: using tinned coconut milk**

**Ingredients:** 2 tins of coconut milk, 4 cups purest water, 2 cups frozen beans (see Appendix A), and a sweetening agent such as Xylitol or Stevia (so as to give the sweetness equivalent to 1 level tablespoonful of sugar). Do not use any kind of artificial sweetener containing aspartame.

### **Method**

1. Put all ingredients into a big bowl and mix with a spoon. Then transfer half the mixture to the blender.
2. Blend all ingredients until thoroughly mixed (30 to 90 seconds depending on blender).
3. Pour blender contents into a container for storing in the refrigerator. It is best to store coconut milk in an air-tight container in the refrigerator. Use milk within 5 days at most, or freeze for future use. The milk will separate during storage. This is perfectly natural. Simply shake or stir milk before serving.
4. If freezing the milk it is best to divide the milk into smaller amounts before freezing – that way you can use up the milk gradually over a longer period of time.
5. Repeat steps 1 to 4 for the remaining half of ingredients.

**Note:** during refrigeration the coconut milk will separate a little from the water. This is perfectly natural. Simply shake or stir before serving.

## ***Coconut Ice-Cream Recipe***

Coconut ice-cream is delicious and this recipe can be made quickly and easily from ingredients which can be stored at home for months at a time with no loss in nutritional value. Here are some key points to note about this recipe:

- Coconut ice-cream that is completely free of dairy or soy, and is therefore ideal for just about any kind of dietary regime.
- Does not require any special ice-cream making apparatus.
- Is ideal as part of any weight loss plan as coconut ice-cream is relatively non-fattening and low calorie.



**Notes:** (i) Always be aware that some people may be allergic to nuts, including coconuts. (ii) Do not give any kind of ice cream to children under two. (iii) This recipe makes about 1

liter or 2 pints of ice cream. (iv) The recipe ingredients will be the same whether or not you are using an ice cream maker.

**Ingredients:** 2 tins of coconut milk, 2 cups purest pre-boiled drinking water, 2 cups frozen beans (see Appendix A), ½ cup of desiccated coconut, and a sweetening agent (see next paragraph). You will also need some kind of *fruit flavoring* if making coconut fruit ice-cream (see below). To make the coconut ice-cream extra creamy you can add 1 cup of rice cream (sold as “Rice Dream”) or oat cream (sold as “Oatly Alternative to Cream”).

**Sweetening agent.** Whether or not you are adding fruit, it is suggested that you *also* add a sweetening agent. Ice cream that does not taste sweet is not ice cream. Use at least 5 level tablespoonfuls of a sweetening agent such as maple syrup, molasses, Xylitol, Stevia, or even sugar. If you are slimming, consider using a mix of Xylitol and Stevia. Do not use any kind of artificial sweeteners containing aspartame.

**Flavoring options, if making coconut fruit ice-cream:**

- a) **Berries.** Use 12 ounces (340 grams) of fresh or frozen berries. This can be any mix and match of berries, or use just one kind of berry. Choose from raspberries, strawberries, blackberries, blueberries, cranberries, bilberries, elderberries, gooseberries, in fact any edible berry that is sweet-tasting. Try starting by just using, say, raspberries, strawberries or blueberries.
- b) **Other fruit.** Use 12 ounces (340 grams) of fresh or frozen fruit as an alternative to berries. It is best to use fruit that is fresh, ripe and sweet-tasting so as to add flavor to the ice cream. For example, any mix of the following fruit will make excellent ice cream: bananas, melon, mango, papaya, passion fruit, apple, orange, peach, pear, and dragon fruit (one of my favorites).

**The Method:**

Step 1: Put all the ingredients into one big bowl, mix with spoon, and then put *half* of the mixture into a blender.

Step 2: Blend all ingredients until thoroughly mixed (typically 1 to 3 minutes). This is important as it introduces air into the mixture and this will help the ice cream to stay soft when frozen. You may need to stop halfway to let blender cool down before finishing the blending.

***If using ice cream maker (appliance):*** once thoroughly blended, put the mixture into the ice cream maker and follow appliance instructions. **Tip:** make sure the ice cream maker has been completely chilled before use, and that it is moving around *before* you pour in the blender mixture. Repeat steps 1 and 2 for the second half of ingredients. Thus, make two lots of ice-cream in tandem.

***If not using ice cream maker (appliance):***

- A. Put blender contents into a large bowl (or baking dish) that won't crack when frozen. The bowl can be glass, plastic or stainless steel.
- B. Put the bowl with mixture into a freezer (no need to cover). Then every thirty minutes take the bowl out of the freezer and whisk the ice cream mixture by hand or by using an electric hand mixer or egg beater. If mixing by hand only, use an egg whisk or spatula and really whisk and stir the mixture vigorously so as to break up the ice crystals that will be forming. This should take 1 - 3 minutes maximum each time that you do it, then put straight back into freezer.

- C. Repeat the previous step four times (sometimes, three times may suffice). So when you whisk the ice cream for the fourth time it will have been in the freezer for nearly 2 hours. Upon whisking the ice cream for the fourth time it should be ready to serve. This means you need to allow at least 2 hours before serving time to start making the ice cream.
- D. Repeat Steps 1 and 2 for the second half of ingredients. Thus, make two lots of ice-cream in tandem.

## ***Coconut Smoothie Recipe***

After making and tasting enough smoothies you will inevitably develop your own recipes and taste preferences. Many free recipes for smoothies can be obtained from internet, magazines and books. What follows is a template for making delicious and nutritious smoothies, using coconuts instead of soy or dairy products.

**Notes:** (i) Always be aware that some people may be allergic to nuts, including coconuts. (ii) Do not give smoothies containing any kind of dairy or non-dairy milk to children under two. (iii) This recipe makes about 1 liter or 2 pints of smoothie. (iv) The recipe ingredients will be the same whether or not you are using a smoothie-maker.

### **Ingredients:**

- A. Coconut Milk.** As a base use 4 cups of home-made coconut milk (see recipe in this book).
- B. Flavoring options (use berries or other fruit):**
- **Berries.** Use 12 ounces (340 grams) of fresh or frozen berries. This can be any mix and match of berries, or use just one kind of berry. Choose from raspberries, strawberries, blackberries, blueberries, bilberries, cranberries, elderberries, gooseberries, in fact any edible berry that is sweet-tasting. Try starting by just using raspberries, strawberries or blueberries.
  - **Other fruit.** Use 12 ounces (340 grams) of fresh or frozen fruit as an alternative to berries. It is best to use fruit that is fresh, ripe and sweet-tasting so as to add flavor to the smoothie. For example, any mix of the following fruit will make excellent smoothies: bananas, melon, mango, papaya, passion fruit, apple, orange, peach, pear, and dragon fruit (one of my favorites).
- C. Sweetening agent.** Use at least 5 level tablespoonfuls of a sweetening agent such as maple syrup, molasses, Xylitol, or even sugar. If you are slimming, consider using a mix of Xylitol and Stevia. Do not use any kind of artificial sweeteners containing aspartame.
- D. Optional extras** Here are some *optional* (not mandatory ☺) extras that you may add. Use any or all of these extras, or none:
- Make the smoothie extra creamy by adding rice cream (sold as “Rice Dream” from retailers).
  - Add a quarter cup of whiskey, vodka, apple cider, or a liquor such as crème de menthe or coffee liqueur for a more exotic ‘adult’ taste.



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- Add a ginger condiment (fresh, extract, powdered, dried, or crystallized). If using fresh ginger, make sure it is peeled and fine chopped before adding to blender.
- Add 1 cup of home-made non-dairy yogurt. See “Coconut Yogurt” recipe in this book.
- Add 1 cup of frozen beans (see Appendix A for more information about beans).

### **Smoothie Method:**

1. **When to chill.** You must decide whether you want to chill the ingredients *before* using the blender/smoothie-maker or *afterwards*. If chilling *before* blending you will be able to serve the smoothie as soon as blended. If chilling *after* blending you may need to stir the smoothie mixture before serving in case the ingredients have separated a little while stored in the fridge or freezer. I personally prefer to chill the ingredients before blending. I find that even if using frozen fruit, it is still best to pre-chill the milk.
2. **How to chill.** Whether chilling before or after blending, you must chill the ingredients one way or the other – otherwise it will not be a smoothie. A good way to quickly chill the ingredients before blending is as follows: have all the ingredients completely ready as if you were about to blend them. Put all the ingredients in a bowl in the freezer for about 20-30 minutes, then transfer the ingredients to the blender or smoothie-maker. ***Do not put ice cubes into the smoothie as a way of cooling the mixture.*** Ice cubes dilute the richness and flavor of the smoothie and can dull the sharpness of the blender blades.
3. **Blending the mixture.** Blend the chilled ingredients until thoroughly mixed (typically 30 to 90 seconds or less). If the ingredients are too cold to swirl in the blender or smoothie-maker you will need to let the ingredients thaw out a little – so do not over chill.
4. ***If using smoothie-maker (appliance):*** put the chilled mixture into your smoothie-maker instead of a blender, and follow the appliance instructions.
5. **Serving.** Pour into tall glasses and serve while cold, or put in freezer for ten minutes before serving if not pre-chilled. Smoothies made with ***home-made*** coconut milk provide an ideal and healthy snack at any time of the day, or as a dessert for both children and grown-ups.



## ***Coconut Chocolate Mousse Recipe***

If you like chocolate, you’ll love this chocolate mousse recipe. It is quick and easy to make once you have the ingredients to hand. And like all the recipes in this book, the ingredients can be stored at home for months at a time with virtually no deterioration in nutritional value.

Chocolate mousse and other similar chocolate desserts sold in supermarkets are usually full of sugar, saturated fat, additives & preservatives; they offer scant nutritional value, and worst of all they often contain dairy or soy ingredients.

The non-dairy coconut chocolate mousse recipe that follows is soy-free, non-fattening, super-nutritious, and contains no sugar (unless you chose to use sugar as a sweetener) – it is truly delicious. It is non-fattening because it is very low calorie and the fat content is mostly non-fattening coconut fat which gets used up as energy instead of being stored as body fat.

This recipe makes about 5 cups of chocolate mousse. As with other recipes in this book, all the ingredients for coconut chocolate mousse can be stored at home for months at a time with virtually no loss in nutritional value.

**Nut allergy:** *Be aware that some people may be allergic to nuts, including coconuts.*

### **Ingredients:**

- 1 ½ cups of frozen beans (see Appendix A).
- 2 level tablespoonfuls tapioca starch (tapioca flour). If not available, use corn starch (corn flour). This acts as a thickening agent.
- 5 level (not heaped) tablespoonfuls of ground flax seeds. Note that you must use ground (pulverized) flax seeds.
- 3 level tablespoonfuls of a sweetener such as Xylitol, maple syrup or molasses. Stevia or concentrated apple juice are other options. Do not use any kind of artificial sweeteners containing aspartame.
- ¼ teaspoon vanilla extract or almond extract.
- 1 tin of coconut milk.
- 6 level (not heaped) tablespoonfuls of cocoa powder. Alternatively, use 8 level tablespoonfuls of drinking chocolate (which is ready sweetened) and reduce the amount of sweetener used. Another alternative is to use lumps of chocolate.
- 1 cup *cold* water. Use purest drinking water only. Alternatively, use 1 cup home-made non-dairy milk instead of water.
- Optional: to make the chocolate mousse extra creamy you can add 1 cup of rice cream (sold as “Rice Dream”) or oat cream (sold as “Oatly Alternative to Cream”).



### **The method:**

**Step 1.** Add all ingredients to blender and blend well for about 1-3 minutes depending on blender capability.

**Note:** if your blender is not big enough for step 1, decant all ingredients into a bowl. Mix well with spoon, and then put half of the mixture back into the blender. Blend well, and repeat for second half of mixture.

**Step 2.** Pour blender contents into 5 containers. Ideally, use cup-size glass jars (or food-grade plastic tumblers) with air-tight lids. Alternatively, use glass tumblers without lids and cover with rubber bands and cutouts from a plastic bag. Note that the chocolate mousse will become firmer within half an hour of being refrigerated.

**Note:** for a more adult-tasting chocolate mousse try adding some dark chocolate to the mix, plus 3 tablespoonfuls of your favorite liquor such as rum, cointreau, vodka, drambuie, whisky or sherry. For more non-fattening chocolate mousse recipes see The Foolproof Diet, [www.the-foolproof-diet.com](http://www.the-foolproof-diet.com).

## ***Coconut Yogurt Recipe***

If you like yogurt you will love home-made coconut yogurt:

- Live probiotic coconut yogurt that is absolutely delicious.
- Completely free of dairy or soy, and is therefore ideal for just about any kind of dietary regime.

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- Can be made quickly and easily from ingredients stored at home, with no loss of quality or nutritional value.
- Does not require any special yogurt-making apparatus.
- Is ideal as part of any weight loss plan as coconut yogurt is relatively non-fattening and low calorie.

**Nut allergy:** Always be aware that some people may be allergic to nuts, including coconuts.

This recipe makes about 5-6 cups of yogurt. If your blender cannot easily accommodate 6 cups of liquid, simply halve everything and make the recipe twice. It is quick and easy to make once you have the ingredients to hand. Like non-dairy milk, all the ingredients for non-dairy yogurt can be stored at home for months at a time with virtually no loss in nutritional value.

***Nut allergy:** Be aware that some people may be allergic to nuts and yogurt made with coconut ingredients.*

### **Ingredients:**

- 2 ½ cups of frozen beans (see Appendix A for more information about beans).
- If making fruit yogurt: 1 cup mixed berries or ripe fruit.
- 3 level tablespoonfuls tapioca starch (tapioca flour). If not available, use corn starch (corn flour) instead.
- **Gelling agent:** 2 level tablespoonfuls of Agar flakes/powder. Alternatively, use vegetarian Jello (Jelly) Crystals. The vegetarian Jello Crystals may be sold as sweetened/flavored or unsweetened – it's fine to use either type. Agar (also known as 'agar-agar') is a gelatinous substance derived from seaweed, and can usually be obtained from health food stores, Japanese food stores, or from Internet. For the USA check out [www.edenfoods.com](http://www.edenfoods.com); for the UK check out [www.clearspring.co.uk](http://www.clearspring.co.uk). Jello Crystals (also known as Jelly Crystals in the UK) is made with Carrageenan, another kind of gelatinous seaweed that is used in many kinds of processed foods
- **Sweetening agent:** 2 level tablespoonfuls of a sweetener such as maple syrup, molasses or sugar. A small amount of Stevia can also be added to aid fermentation. It is essential to add a natural sweetener as it acts as food for the benign bacteria to multiply.

**Note:** Xylitol will not help the fermentation process (it is non-fermentable). Note also that commercial plain dairy yogurt contains a much higher percentage of sugar compared to this recipe, and many brands of yogurt contain unhealthy aspartame.

- ¼ teaspoon vanilla extract or almond extract, plus a very small pinch of salt.
- 1 tin of coconut milk.
- Probiotic powder. Typically, add ½ teaspoon probiotic powder to blender and blend briefly for 10 seconds to mix in. Note: for this recipe use the amount of probiotic powder that is recommended as a daily supplement. For example, if the recommended supplementation (on the product label) reads "Adults and children take ¼ to ½ teaspoon a day" you would typically use ½ level teaspoon of probiotic powder in this recipe.
- 1 cup of *hot* water. Note: as for all the recipes in this book, use only the purest distilled water or reverse osmosis water. If you only have filtered, bottled or tap water, pre-boil water for at least 1 minute.

### **The Method:**

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**Step 1.** Obtain a large saucepan with lid (the largest you have) and fill with about 2 inches (5 cm) of tap water. Heat water until hot (but not boiling), then turn off heat. This will be your incubator.

**Step 2.** Scald the blender with a little boiling water and discard water (this ensures the blender is sterilized as you don't want any stray bugs to join the yogurt-making process).

**Step 3.** Add all ingredients to blender *except the probiotic powder*, and blend for 1-2 minutes until thoroughly blended.

**Step 4.** Add probiotic powder and blend briefly for 10 seconds to mix in. This helps protect the delicate integrity of the bacteria.

**Step 6.** Pour blender contents into 5 containers. Use cup-size glass jars with lids. Alternatively, use glass tumblers without lids (not ideal) and cover with small saucers or coasters. Put containers into the saucepan so that they are standing upright, with the rim well above the level of hot water. Then cover saucepan with lid to keep the heat in. Leave to ferment for 6 hours (set an alarm to remind you when the 6 hours are up). Although not essential, you may if you wish, *slightly* re-heat the water after 3 hours, being careful to remove all the yogurt containers while doing this.



**Step 7.** After 6 hours take the yogurt containers out of the water and give the yogurt in each container a quick brisk stir with a teaspoon to make sure that any separation of ingredients is mixed together.

**Step 8.** Skip this step if just making plain coconut yogurt. *For coconut fruit yogurt* you will be adding the fruit *after* the 6 hour fermentation period. After 6 hours take the glass containers out of the large saucepan. Then add chunks of fresh fruit, or add some pre-blended fruit. Use any mix of frozen, thawed, or fresh blueberries, strawberries, raspberries, blackberries or bilberries. Alternatively, use your favorite fresh ripe fruit, use pure undiluted fruit juice, or use health-food flavorings such as “vanilla nutritional essentials”. Add the fruit (or fruit flavoring) to each pot of fermented yogurt, using just a spoon to mix in. Do this immediately after fermentation and before refrigeration. Do not add the fruit or flavoring before fermentation, as the fruit acidity prevents good fermentation and makes the end result less tasty.



**Step 9.** Transfer the yogurt containers to the refrigerator and consume within seven days. If using glass tumblers without lids, use rubber bands and cut-outs from a plastic bag so as to keep air-tight during refrigeration. Note: it is best to let yogurt stay refrigerated for at least 6 hours before beginning to consume – the fermentation process will continue during refrigeration, albeit at a low level.

**Alternative serving suggestions for plain home-made coconut yogurt:**

- Serve on baked potatoes, fruit or vegetables as a low calorie substitute for sour cream.
- For dip or salad dressing, add chopped onion, chives, curry powder, dried onion soup mix or other flavorings.

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- To change plain yogurt into fruit-flavored yogurt, stir sliced or crushed fruit into plain yogurt. Nuts or raisins can also be added. Add sweetener to taste if needed. Plain yogurt mixed with applesauce is a quick and delicious treat.
- Custard-flavored yogurt can be made by adding 1/2 teaspoon vanilla to 1 cup of yogurt. Sweeten to taste.
- Frozen yogurt on a stick: add 2 tablespoons frozen fruit juice concentrate, or 1/2-cup sliced or crushed fruit to 2 cups plain yogurt. Freeze in Popsicle molds or cups with plastic spoons or wooden sticks for handles.
- To thicken texture of yogurt add 1 flat tablespoonful of ground flax seeds to 1 cup of yogurt, mix with spoon, and let stand for 15-30 minutes before consumption.

By using this recipe and a little imagination, you can now make delicious live non-dairy coconut yogurt in a variety of fruit flavors.

## **Appendix A: The Wonder of Beans**

Beans make a perfect complement to all the recipes in this book. They are nutritious and contain valuable fiber, and if used as described in this appendix they are quick and easy to use, straight from the freezer.

It is best to avoid all kinds of soybeans (soya beans). As explained in *The Foolproof Diet* (see [www.the-foolproof-diet.com](http://www.the-foolproof-diet.com)) the regular consumption of soy products upsets the hormonal balance in your body, leading to illness and obesity.

Fortunately, there is a great alternative that is just as nutritious, economical and practical to use compared to soybeans (and much better for your health).

Take an equal mix of beans from Group A and Group B (see the following Table A):

<b>Table A</b> <i>Milk-making beans</i>	
<b>Group A</b>	<b>Group B</b>
<b>Butter beans</b> <b>Lima beans</b>	<b>Cannellini beans</b> <b>Great Northern beans</b> <b>Navy beans</b>

For example, if based in Europe you would typically use a half-and-half mix of butter beans and Cannellini beans. In North America you would typically use a mix of lima beans and Great Northern beans (or Navy beans). These make a perfect alternative to soybeans.

Note: soybeans are lauded as a good source of protein by virtue of having all the essential amino acids. But in fact enzyme inhibitors in soy prevent the body from using some of this protein. By using the milk-making beans suggested in 'Table A' you get a better source of protein compared to soybeans.



The milk-making beans suggested in 'Table A' provide good all-round nutrition as follows:

### ***High in Dietary Fiber***

Fiber keeps the digestive system regular and can help reduce cholesterol absorption. These beans provide a healthy mix of soluble and insoluble fiber, both essential for good health. None of this fiber is lost in the *Bean and Pumpkin Seed Milk* recipe given in this book.

### ***Low Glycemic Index***

These beans (and the milk made from these beans) have a low GI, which means the carbohydrate is broken down and digested slowly. This ensures that the carbohydrate is released into our blood at a slow, steady rate helping to keep energy levels balanced and controlling appetite.

### ***Good source of protein***

Protein is essential for growth and repair of body tissue. These beans are a great low-fat alternative to meat. By making milk with a mix of these beans plus pumpkin seeds (all rich in protein amino acids) you benefit from excellent quality protein.

***Great for weight watchers***

These beans are an ideal food for maintaining a healthy body weight. In addition to being low in fat, they provide plenty of fiber and bulk which in turn helps to control your appetite, keeping you feeling full longer.

***Low in fat, especially saturated fat***

A diet high in saturated fat is associated with many health problems. Consuming foods that are low in saturated fat is one of the best actions you can take to help maintain health and wellbeing. These beans are virtually fat free, and what little fat they have is in the form of health-promoting oils.



**Bean Storage (for milk-making):** always use dried beans for milk-making. Compared to making milk with tinned beans, dried beans provide a much richer, tastier milk that will also be nutritionally superior. Store dried beans in a cool, dark place. *Do not refrigerate or freeze dried beans.* Loose dried beans should ideally be stored in airtight glass or ceramic containers. Stuff some cotton wool or tissue paper into the top of the container before placing lid, as this reduces air content inside the container.

**Bean Soaking (for milk-making):** soak beans in 4 parts of *cold* water to 1 part of beans (use an equal mix of butter beans and Great Northern beans). For example, 1 cup of dried beans needs to be soaked in 4 cups of cold water because the beans swell to three times their size. Soak for a minimum of 6 hours or overnight, using pre-boiled, distilled, or reverse osmosis water. After soaking, discard water and rinse beans clean.

**Bean Preparation (for milk-making):** it is best to cook and then freeze the beans. By doing this, the beans are readily available for making milk at anytime. So you will need to soak the beans, cook them, dry them to remove excess moisture, and then freeze them. You can do this in bulk, providing your freezer has the space.

**Bean Cooking (for milk-making):** all types of beans (including soybeans) contain compounds which can cause gastric distress, flatulence and ill-health if not removed. Therefore, *as with any type of bean*, these beans should be boiled to remove such compounds and the water ***should then be discarded.***

- Ten minutes is enough to remove these unhealthy compounds provided the water is boiling during this ten minute period. Make sure you have about 2 inches of water above the level of the beans being cooked. Slow cooking or simmering is not enough, the water must actually boil to remove the compounds. The different types of beans can be mixed when soaking and cooking. For example, lima beans and Great Northern beans can be mixed together 50/50 for soaking and cooking purposes.
- Boil the beans for 20 minutes. Alternatively, boil for 10 minutes, and simmer for an additional 20 minutes. Either way is fine. For milk-making purposes there is no need to cook the beans for a longer time, so do not over-cook as this destroys their taste and nutritional value.
- **Tip:** add 1 or 2 tablespoonfuls of olive oil (or any good quality cooking oil) to the cooking water for each cup of soaked beans being cooked. The oil helps prevent foaming

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For more information on this subject go to [www.the-foolproof-diet.com](http://www.the-foolproof-diet.com)*

during cooking; it also helps prevent the skins from coming off the beans. Do not add salt to cooking process.

- Beans may alternatively be cooked in a pressure cooker provided the water is discarded afterwards. This method is not recommended as foaming may clog the pressure cooker. Also, a pressure cooker tends to make the beans disintegrate. You may need to experiment.

**Bean Freezing (for milk-making):** When cooked, drain the beans and as mentioned *discard the water*. Then spread all the beans on a tea-cloth or kitchen towel, making sure each bean is separated for drying purposes. Let dry for about 10-15 minutes. If necessary, dab the beans with a tissue to help dry. For immediate drying use a hair dryer. When reasonably dry (they do not have to be completely dry, just remove excess moisture), put into a freezer bag and freeze. When frozen, you may have to massage the bag a little to separate the beans. At this point, you may transfer the frozen beans to an airtight container for longer term freezer storage.

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*Please do let us know how you get on with these recipes. Any comments are much appreciated. Please email: <mailto:deliveredonline.com> (put “The Incredible Coconut Book” in subject line of email to get past our spam filters). Thank you.*

## **Appendix B: How to strain the milk**

If using a fresh coconut (instead of tinned “coconut milk”) to make home-made coconut milk you will want to strain the milk so as to remove the left over residue.

What you will need for milk straining:

- A large mesh-strainer type of sieve. A nylon or stainless steel sieve may be used.
- A large bowl over which to strain the milk.
- A large stainless steel serving spoon.
- A dinner plate on which to rest the strainer and serving spoon when not in use.
- A breakfast bowl for holding the left-over residue.



### **Step 1.**

When the milk has been blended pour some of it into a large strainer (sieve) over a large bowl. You may need to lift the strainer as you strain so as to allow space between the strained milk and the underside of the strainer.

### **Step 2.**

Gently stir the milk with the serving spoon to coax it through the strainer into the bowl. As the left-over residue in the strainer thickens use the *back* of the serving spoon to press the residue against the strainer so as to squeeze out as much milk as possible.

### **Step 3.**

When finished, scrape the left-over residue out of the strainer and into a breakfast bowl, and repeat steps 1 and 2 until all the blended milk has been strained.

**Note:** After step 3 you may elect to put all the left-over residue back into the blender for a brief second blending so as to extract yet more milk. If doing this you will need to add say 1 or 2 more cups of water, and then repeat steps 1 to 3.

### **Step 4.**

Discard the left-over residue and store the strained milk in the refrigerator. It is best to store milk in an air tight container in the refrigerator. Use milk within 5 days at most, or freeze for future use. The milk will separate during storage. This is perfectly natural. Simply shake or stir milk before serving. If freezing the milk it is best to divide the milk into smaller amounts before freezing – that way you can use up the milk gradually over a longer period of time.

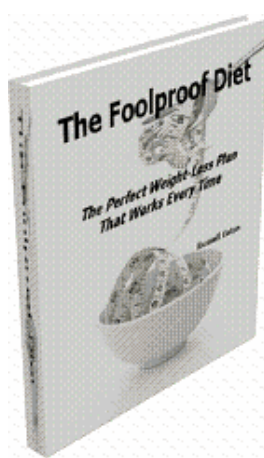
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For more information on this subject go to [www.the-foolproof-diet.com](http://www.the-foolproof-diet.com)*

## Further Information

For further information about home-made milk, protecting your health, and staying slim see “*The Foolproof Diet*” by going to [www.the-foolproof-diet.com](http://www.the-foolproof-diet.com). This is the only book in the world that provides recipes for making non-dairy milk, yogurt, ice-cream, etc., using nuts, seeds, and *non-soy* beans.

Whether or not you consume animal foodstuffs, *The Foolproof Diet* will apply to you.

*The Foolproof Diet* harnesses the biology of the human body. Instead of fighting the body to lose weight, you get the body to cooperate in losing weight. You do this by tweaking the diet in a very special way – this makes surplus body fat melt away until you reach your ideal weight. There is no mystical element to this – no mind over matter. Everything is based on the biology of the human body, backed up by extraordinary new scientific revelations.



The biology and mechanics of the body are the same for every member of the human race. Since we are all the same biologically, there is only one *universal* way to lose weight, stay slim and remain healthy. There is only one way that works every time, without fail. Now, for the *first time ever* you can discover the secrets of *The Foolproof Diet* and become a new slim person.

***Once you know the secrets of The Foolproof Diet you will never look back.***

***A new ‘you’ will emerge: a slimmer, healthier, more energetic person, better in mind and body.***

Women will regain an attractive, slim feminine body, and men will regain a masculine, firm well-formed, body. Your health will improve dramatically, your immune system will grow strong and fight off illness, and you will feel wonderful and full of energy.

Go now to <http://www.the-foolproof-diet.com>

**This is the only diet book you will ever need.**

***The Foolproof Diet***  
***The Perfect Weight Loss Plan***  
***That Works Every Time***

If you’ve ever tried to lose weight you will know that the most common advice is to eat less calories and do more exercise. The advice to ‘eat less and do more’ is not only wrong, it is counter-productive, it fills people with a false sense of guilt and failure, and it sells diet books that are doomed to fail. Science has now revealed the biggest misconception in the health & diet industry: advice to eat less and do more is wrong and counterproductive. Equally, advice to eat in special complicated ways to speed up your metabolism never works long-term.

Forget short-term yo-yo dieting, this never works. Forget set meal menus designed for weight loss, forget complicated dietary and exercise regimes, forget weight loss surgery – none of these work permanently and safely.

*Did you know that fat tissue makes people want to eat more?* When you restrict calories and food intake you impose intolerable stress on the body which in itself is bad for health.

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For more information on this subject go to [www.the-foolproof-diet.com](http://www.the-foolproof-diet.com)*

Nobody can ignore the body's constant demand for food on a restrictive diet. You might manage for one week, but not for months and years on end. When you starve the body you make the body want to store even more fat than before. Over 99.9% of people who lose weight through calorie and food restrictions eventually bounce back to their original weight and end up even heavier than before!

***The Foolproof Diet works without fail because:***

- It's easy and simple to follow.
- It fits in with any lifestyle, culture or dietary requirement.
- It works straight away which keeps you motivated.
- It exploits the body's own biology to lose weight in a way never seen before.

***The Foolproof Diet is unlike any other diet plan because:***

- It does not restrict food consumption, so you never go hungry.
- It does not impose exhausting exercise regimes.
- It does not provide set food menus – this never works.
- It does not involve any gimmicks, diet pills, medical procedures, hypnosis, colonic irrigation or detoxification.

*The Foolproof Diet* is based on a revolutionary and unique method that produces dramatic weight-loss results the moment you start to follow it. People with medical conditions such as diabetes or inflammatory illness will benefit enormously from this diet program. Equally, people who are fit and healthy will find *The Foolproof Diet* indispensable because it enables the body to achieve the best possible level of fitness and health.


***The Foolproof Diet* explains why vegetarians are more susceptible to estrogen dominance compared to non-vegetarians, and an easy way to tweak the diet so as to avoid estrogen dominance, while still remaining a vegetarian. This is vital reading for anybody contemplating or following a vegetarian diet.**


This is a diet plan for all walks of life whatever your medical condition, gender, weight, or state of health. As soon as you adopt *The Foolproof Diet* you will realize that you will never need to read another book about weight loss and you will never need to worry about your weight again. *The Foolproof Diet* will change your life and send you in a wonderful new direction. When you become slim and your health improves, your life undergoes a dramatic change for the better – this is priceless.


People who read *The Foolproof Diet* say they wish they had seen this book years ago. But years ago this publication did not exist; *The Foolproof Diet* is based on the latest scientific discoveries which have at last revealed exactly how best to lose weight whatever your circumstances.





## Here's just a taste of what you'll discover...


 The one thing you absolutely must do to conquer weight loss. No human being can lose surplus body fat unless they know this secret. 99.9% of diet plans fail because of this. Once you know this secret you will never be over-weight again.


 Two critical foods you must never eat if you want to be slim and healthy. These two common foods are consumed by most people on a daily basis and they have nothing to do with sugar, fat or salt. Avoid these two harmful foods and you're on your way to a slim body and good health. Avoiding these two foods is very easy and does not involve any kind of food deprivation.


 A special kind of super-food that greatly promotes weight loss and good health. Discover this food and experience a dramatic improvement in health and well-being. This special super-food has an extraordinary ability to promote weight loss and you will never want to be without it. It is very economical to buy and easy to obtain (one of the best kept secrets in the food industry!).

 Why the body fat around your midriff is virtually impossible to shift whatever you do. Women tend to put on weight around the hips and thighs, men around the abdomen. No amount of dieting or exercise will get rid of this body fat. But now it is easy to shift this stubborn body fat when you apply *The Foolproof Diet*.

 Why some people are naturally slim whatever they eat! *The Foolproof Diet* reveals why this is so and how you too can be naturally slim. Do not believe the myth some people are naturally slim because they expend energy fidgeting – this is not so. Once you adopt *The Foolproof Diet* you will stay slim effortlessly.

 An extraordinary new discovery that reveals a direct link between diet and dementia. The latest research is showing that diet is the biggest cause of dementia (apart from the natural aging of the body). *The Foolproof Diet* is the perfect diet to combat dementia – find out why.

 *The Foolproof Diet* is medically proven to work without fail – it is the safest, easiest way to lose weight permanently. As soon as you start applying *The Foolproof Diet* you will notice a dramatic difference to the way you feel, and soon (within a few days) you will begin to see a steady, consistent weight loss. This is real, permanent weight loss of surplus body fat – not a temporary weight loss of water retention.

 If you have tried to lose weight using a variety of diet plans but never succeeded, you will know how frustrating this is. Many lives and relationships are blighted by obesity – don't let this happen to you. Once you start using *The Foolproof Diet* you will be astonished at how effective it is. The genuine loss of surplus body fat is a truly life-changing experience.

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For more information on this subject go to [www.the-foolproof-diet.com](http://www.the-foolproof-diet.com)*



Why most types of exercise promoted by health gurus and diet books have got it wrong. Discover the best way to be physically active that will make you lose the most weight and yet is the least tiring.

### ***This is what happens when you lose weight:***

Apart from looking slimmer, your health will improve immeasurably: you will feel better mentally and physically; you will be more energetic; you will feel calmer and be more clear-headed; your airways will clear and you will not be so breathless; you will sleep better; you will keep coughs, colds and illness at bay, plus many other health improvements. The health benefits that accrue as a result of losing excess weight are well known to medical science, including the avoidance of serious diseases such as heart disease, diabetes, stroke and cancer to name but a few.

Many people are astonished at how effective *The Foolproof Diet* is when it comes to weight loss. The latest scientific discoveries about weight loss are not widely known yet. Because of this virtually all diet plans and books are based on outdated ineffective methods when it comes to lasting, healthy weight loss.

Go now to <http://www.the-foolproof-diet.com>.  
This is the only diet book you will ever need.

***The Foolproof Diet***  
***The Perfect Weight Loss Plan***  
***That Works Every Time***

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