

Coconut Recipes



Basic Coconut Soup

3 cups coconut water
Meat of 2-3 young coconuts
1-2 cloves of garlic
1" fresh ginger root
¼ to ½ cup fresh chopped cilantro
Juice of lime

Combine all ingredients except cilantro in blender and puree till smooth. Add cilantro and blend until specks form – not too much or will turn soup green. Pour into soup bowls and serve.

*For variation add curry powder and veggies or lemongrass, galangal and kaffir lime leaves for a Thai flavor or mango for a sweet soup. The sky's the limit!

Coconut Candy Chips

Thick meat of coconut
Juice of sugar cane

Use a mandolin (veggie slicer) or veggie peeler to thinly slice coconut meat. Next dehydrate coconut slices for 2 -6 hrs at 115 in a food dehydrator or oven set at low. Remove coconut slices for 2 – 6hrs at 115 in a food dehydrator or oven set at low. Remove coconut slices and soak in sweet sugar cane juice for 2 – 4 hrs. Drain sliced coconut and place in dehydrator for 12 hrs or overnight till crisp. Store in glass jar to maintain crispness.

*Create variations by adding ginger, cacao, pineapple or banana when soaking in sugar cane juice.