Creamy Coconut Pudding - 2 Ways

TIME: 5 MINUTES SERVINGS: 1

INGREDIENTS

- 1 cup fresh coconut meat, from one coconut
- 1/4 cup fresh coconut water
- 1 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup
- pinch of salt
- Optional: 1 tbsp cocoa powder
- Optional toppings: fruit, granola, chai seed, flax seed, etc.







This institution is an equal opportunity provider. This material was funded in part by SNAP.

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PROCEDURE

- 1.Add the coconut meat, coconut water, vanilla extract, salt and sweetener into a blender pitcher, and blend until very smooth and creamy.
- 2. Adjust sweetness to taste, if necessary, Chill in refrigerator for an hour before serving. It will thicken up even more in the fridge.
- 3. Serve chilled, and enjoy!

Note: For a chocolate version, just add 1 tablespoon cocoa powder!





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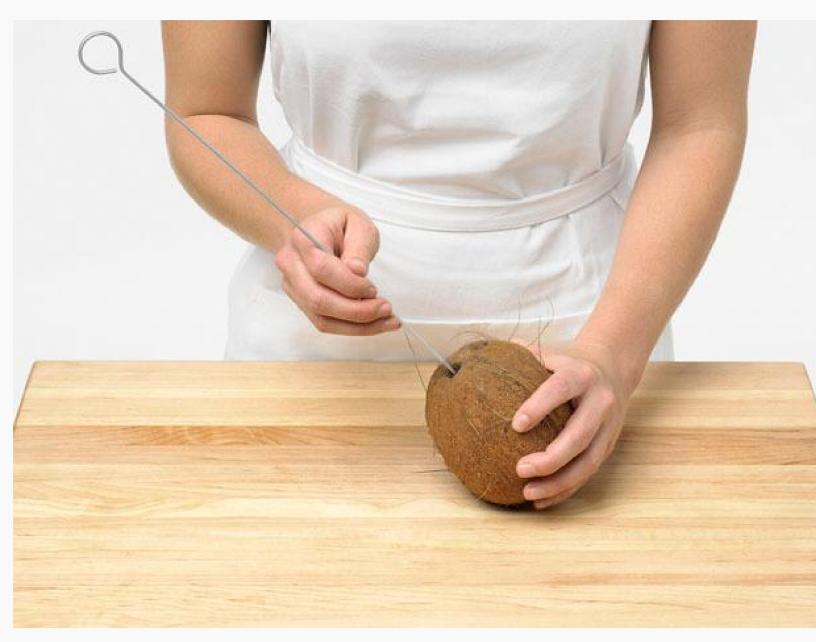


How to Open a Mature Coconut

Tools to Open a Coconut

Wash all tools in hot, soapy water before using.

- » Cutting board
- » Screwdriver or metal barbecue skewer
- » Liquid measuring cup
- » Mallet or hammer



Kang Kim, 2012, Kang Kim

Poke the "Eyes" of the Coconut

Poke the three eyes with a skewer to find the one that's soft. Push the skewer through the soft eye, working it in to create a 1/2-inch hole. If necessary, use the hammer to force the screwdriver through.



Kang Kim, 2012, Kang Kim

Drain the Water

Invert the coconut over a measuring cup or bowl and shake to release the liquid. That's fresh coconut water! Drink it, or refrigerate in an airtight container for up to 4 days.



Kang Kim, 2012, Kang Kim

Crack the Coconut

Hold a folded kitchen towel in your hand and nestle the coconut into it. Firmly tap the equartor with a meat mallet or hammer, turning as needed, until the shell starts cracking in half.



Kang Kim , 2012, Kang Kim

Loosen the Flesh

Split the shell, then put the coconut cut side down on a flat surface. Tap with the mallet to loosen the flesh.



Pry Out the Flesh

Carefully pry the flesh away from the shell with a butter knife.



Kang Kim, 2012, Kang Kim

Peel the Skin

Using a vegetable peeler or paring knife, peel the thin brown skin off the flesh, then rinse the pieces.

Prep the Coconut Flesh

Shred the coconut meat with a peeler or grater to use in granola or desserts, or just break it into chunks and enjoy as a snack. Fresh coconut will keep in an airtight container in the fridge for up to 4 days. Shredded coconut will keep for 1 to 2 days.

SOURCE: THE FOOD NETWORK