



## Get to know: Coconut

The coconut tree (*Cocos nucifera*) is a member of the family *Areaceae* (palm family). The term coconut can refer to the entire coconut palm, the seed, or the fruit, which, botanically, is a fruit, not a nut. Like other fruits, it has three layers: the exocarp, mesocarp, and endocarp. The exocarp and mesocarp make up the "husk" of the coconut. The shell has three germination pores (stoma) or "eyes" that are clearly visible on its outside surface once the husk is removed. Coconuts can be eaten either raw, as oil, nectar, or as 'milk'.



### Nutrition

One cup (100g) of coconut has 354 calories, 15.73g of carbohydrates, 9g of fibre, and 3.33g of protein. Coconut's high content of carbohydrates and fat makes it a food that one cannot be indulged if the desire is to control your calorie intake. However, do not be discouraged, as coconut has many other healthy benefits!

### Health Benefits

Although a typical coconut contains 33g of fat, the fat is saturated. This means the fatty chains are either short or medium in length, so have no negative effect on cholesterol levels and they help lower the risk of atherosclerosis and protect against heart disease. Coconuts are also high in dietary fibre, which keeps you full, has no effect on blood sugar and assists in treating intestinal issues. All of these help by reducing one's sweet tooth, improving blood insulin secretion and balancing blood sugar levels.

### Fun Facts

Despite coconut being a good food choice, it remains one of the most deadly fruit. Urban legend states that more people die each year from having a coconut fall on their head, than from shark attacks. (150:5) In 2002, officials in Queensland, Australia removed coconut trees from local beaches to guard against death by coconut, leading one newspaper to dub coconuts "the killer fruit." Published accounts also include instances of coconuts being used as weapons, including the use of "coconut bombs" by Japanese forces during World War II.

source: [wikipedia.com/coconut](https://en.wikipedia.org/wiki/Coconut), [www.coconutsecret.com/coconuthealthsecrets2.html](http://www.coconutsecret.com/coconuthealthsecrets2.html).

Image: [www.internationalcoconut.com/2coconuts.jpg](http://www.internationalcoconut.com/2coconuts.jpg)

## What you can try with Coconut:

### No Bake Coconut Snow Balls

Recipe by: Pretty Prudent

Makes: 12

#### What You Need:

- 1 1/2 cup of shredded coconut (1 cup for mixture and 1/2 cup for coating snowballs)
- 1/4 cup of raw honey (or pure maple syrup)
- 2 tbsp coconut oil
- 1/2 tsp vanilla
- Pinch of sea salt

#### What To Do:

1. Mix together all your ingredients in a food processor or blender. I blended the ingredients until they were pretty creamy, but if you prefer more texture, you don't have to blend them for as long.
2. Form 3cm balls by rolling mixture in your hands, and then roll the coconut balls through the remaining coconut shavings.
3. Place on wax paper and chill for at least an hour in the fridge. Take them out and enjoy!

source: [www.yummly.com/recipe/external/No-Bake-Coconut-Snowballs-747178](http://www.yummly.com/recipe/external/No-Bake-Coconut-Snowballs-747178)

### More information

1. Dana's Crispy Coconut Chicken: [www.foodnetwork.com/recipes/danas-crispy-coconut-chicken-recipe.html](http://www.foodnetwork.com/recipes/danas-crispy-coconut-chicken-recipe.html)
2. Coconut Rice: [www.taste.com.au/recipes/938/coconut+rice](http://www.taste.com.au/recipes/938/coconut+rice)
3. 10 awesome coconut facts: [listverse.com/2013/08/28/10-awesome-facts-about-coconuts/](http://listverse.com/2013/08/28/10-awesome-facts-about-coconuts/)
4. Pineapple Coconut Champagne: [www.pineappleandcoconut.com/recipes/pineapple-coconut-champagne-cocktail/](http://www.pineappleandcoconut.com/recipes/pineapple-coconut-champagne-cocktail/)