

MIXING YOUR ZENIAN CREAMED COCONUT TOGETHER

When you get your jar, it will be in two layers, with a layer of oil at the top. You need to mix it together before using it. Put your jar in warm water, or the oven warmer drawer, till the cream layer softens, then mix together with a knife. Or even easier, once it's soft enough to scrape out of the jar, put it all in a food processor, and zizz till smooth. Then pour it back into the jar.

SOUPS

Winter Warmer Soup

Serves 4

Have a mug of this warming soup at first signs of a flu or cold, or when you're feeling the winter weather. If you get sick, sip throughout the day.

- 1 litre of chicken, duck or turkey stock *
- 1 teaspoon fresh ginger, grated or finely chopped
- 4-8 Tablespoons creamed coconut
- juice of 1 lemon
- sea salt to taste

** Homemade is best, so keep a supply in your freezer. But if you're in a hurry and don't have any, two NZ brands are acceptable - Essential Cuisine or European Gourmet.*

Bring the stock to a boil, skim off any foam. Add the ginger (and optional extras) and simmer for 10 minutes. Stir in the creamed coconut and simmer for another 5 minutes. Add the lemon juice and sea salt to taste, and serve.

Variations:

- For an even more heating soup, also add 1/4 teaspoon dried chilli flakes -OR- 1-3 dried chillies (depending on their size)
- Use as a base for a more filling soup by adding pumpkin, butternut or kumera. After adding the lemon and sea salt, take out the chillies (if you used whole ones) and puree with a handheld wand blender.
- Garnish with a spring onion, very finely chopped

Kumara, Carrot, Coriander and Coconut Soup

- 4 medium-sized orange or yellow kumara
- 4 medium carrots
- 1 medium onion
- 1 litre chicken, duck or turkey stock
- 1 teaspoon powdered coriander seeds
- 1 Tablespoon (or more) Zenian creamed coconut
- Salt and pepper to taste
- Optional: a little unrefined sugar such as rapadura or muscavado

Peel the vegetables and cut into small chunks. Place in a large pan, with the stock and coriander. If the veges aren't completely covered, add extra stock or water. Bring to the boil. Reduce heat, cover, and simmer until the veges are tender.

Remove from heat. Blend with a handheld wand blender to the consistency you like (completely smooth, or still a bit lumpy). Stir in the creamed coconut till melted. Season with salt, pepper and optional sugar - the soup should be just perceptibly on the sweet side of savoury, but not too much, so if you're using sweetish carrots you'll need little or no sugar. If needed, add extra creamed coconut to suit your taste, or extra water or stock to get the desired thickness. Gently reheat if needed, and serve.

Coconut Fresh Green Bean Soup >

This quick & easy soup can be adapted to make a salad dressing, sauce, gravy or dip.

- 2 cups hot beef or chicken broth
- 1/2 cup Zenian Creamed Coconut
- 1kg fresh green beans, stems removed
- Salt & pepper to taste

Steam green bean just until bright green. Meanwhile, in a medium saucepan, mix hot water/broth with Zenian Creamed Coconut. Place all ingredients into a blender and purée until smooth. Season to taste (see variations) and heat or chill. Serve warm or chilled.

Variations:

- Adjust the water/broth as desired.
- Add your favorite snippets of herbs or spices.
- Use other green veggies in replace of green beans eg broccoli or spinach

Thai Style Coconut Fish Soup >

This is a basic recipe, add other veggies if desired. Serves one to two people.

- Fillet of your favorite fish
- 1 cup winter squash
- 1 carrot
- ½ cup spinach
- 1 tomato
- ¼ teaspoon turmeric powder OR 1 inch turmeric root
- ¼ teaspoon curry powder
- 1-2 inches of ginger root
- one stalk lemongrass
- a couple kaffir lime leaves (if available)
- water
- 1 cup Zenian Creamed Coconut or 1 to 1 ½ cans coconut milk

Chop vegetables, ginger root, and lemon grass to bite sized pieces. Set aside spinach and tomato in a separate bowl.

Place turmeric powder, curry, ginger, lemongrass, kaffir lime leaves, fish and all the chopped vegetables except the spinach and tomato in a medium saucepan and add enough water to cover everything. Turn the heat to a low to moderate temperature and gently cook until about halfway to soft.

Add Zenian creamed coconut and mix in well. (If you're using coconut milk or cream instead, take out some water before adding it.) Simmer on low till the veggies finish cooking and aromas have permeated the coconut milk. Add spinach and tomato towards the end so they are only lightly cooked or raw.

Coconut and Seafood Soup >

Serves one to two people

- 500 gms shrimps, washed and drained
- 150 gms squid, cleaned then sliced into 1-inch pieces
- 8 cups water or chicken stock
- 20 gms galangal, sliced
- 60 gms lemongrass stalk, pounded and cut into 2-inch pieces
- 10 gms garlic, sliced
- 60 gms shallots, sliced
- 20 gms kaffir lime leaves
- 250 gms mushrooms(straw, oyster or button), halved
- 100 gms tomato, chopped
- 30ml fresh lime juice or to taste
- 10 gms palm or brown sugar, to taste
- 6 gms green finger chili, sliced diagonally
- 6 gms red finger chili, sliced diagonally
- 200 ml Zenian Creamed Coconut
- 30 gms Fish Sauce or to taste
- 30 gms fresh coriander leaves
- Bird's eye Chili - to taste

1. To prepare the shrimps, detach the heads and peel (keeping the tails intact). De-vein shrimps then place in a clean bowl. Chill until needed. Refrigerate the sliced squid.

2. Meanwhile, place the heads and shell in a pot. Add the water and bring to a boil. If preferred, you may also use some chicken stock. Strain the broth and pour the liquid back into the same pot. Place over high heat. Add the galangal, lemongrass, garlic and shallots and boil for 3 minutes.

3. Add the kaffir lime leaves, mushrooms, tomato, lime juice, palm or brown sugar, chilies and the Zenian Creamed Coconut. Stir well.

4. Add the shrimps, squid and fish sauce. Adjust seasonings if necessary. Cook just until the shrimps turn pink. Do not overcook.

5. Remove from heat and transfer to a serving bowl. Top with fresh coriander leaves. Serve immediately.

MAINS, DRESSINGS & SAVOURY SNACKS

Coconut Salad Dressing ^

- 1 cup coconut milk
- ½ cup almond butter
- 1/3 cup ZENIAN Creamed Coconut
- 1 teaspoon minced jalapeno
- 1 Tablespoon minced ginger
- 2 Tablespoons Nama Shoyu, tamari or soy sauce
- 1 Tablespoon miso
- 1 teaspoon minced garlic
- 2 Tablespoons lemon juice
- 2 teaspoons chopped dates
- 1/8 teaspoon cayenne

Place all ingredients into a blender. Blend on high until smooth and creamy. This dressing will keep in the fridge for at least 3 days.

Fried Fish Steaks >

- 6 thick fish steaks of your choice
- 2 large onions
- 1 green bell pepper
- 5 whole tomatoes
- 3 Tablespoons virgin olive oil
- 1/2 cup Zenian Creamed Coconut
- 4 Tablespoons Virgin Palm Oil
- 3 Tablespoons chopped parsley
- 3 Tablespoons chopped fresh coriander
- hot red pepper to taste
- Himalayan salt to taste
- 2 Tablespoons lime or lemon juice

Season fish with lemon and salt. Set aside. Thinly slice onions and seeded bell pepper. Peel, seed and slice tomatoes. Cook onions in olive oil until translucent. Add green pepper and cook 3 minutes. Add tomatoes to pan and cook a few more minutes. Place fish in pan, top with the Virgin Palm oil, cover the pan and cook until fish is almost cooked through. Add chopped herbs and red pepper and cook uncovered over high heat to evaporate some of the liquid. Just before serving add the Zenian Creamed Coconut concentrate and bring almost to a boil. Before serving, sprinkle the lemon juice over the top and add more freshly chopped coriander, if desired. Serve immediately.

Spicy Coconut Fish >

- 2 Tablespoons coconut oil
- 500gm fresh fish fillets
- cayenne pepper to taste
- salt
- 1 onion - diced
- 2 cloves garlic - minced
- 2 Tablespoons Zenian Creamed Coconut
- 1–2 cup water or broth of your choice

Heat coconut oil in skillet and lightly brown fish fillets after seasoning with pepper & salt. Remove fillets from skillet. Add onion, garlic, Zenian Creamed Coconut and 1–2 cups water to skillet. Bring to a boil until mixture reaches a slightly thickened consistency, about 10 minutes. Add fish fillets to Zenian Creamed Coconut mixture. Cover skillet and cook for an additional 5 minutes. Serve with rice and enjoy.

Variation: This recipe can also be used with chicken pieces.

Chicken Thai Curry >

- 1 kilogram Chicken
- 2 Tablespoons Butter
- 1 piece Onion, medium
- 4 cloves Garlic, minced
- 1 Tablespoon Ginger, minced
- 2 Tablespoon Curry powder
- 1 piece Red Pepper
- 1 large or 3 small chilli peppers, chopped (or more or less to your taste)
- 1 tsp Salt
- 2 cups Chicken broth
- 120 grams Zenian Coconut

Boil chicken with salt for 30 minutes then drain the broth and set it aside. Sauté garlic, onion and ginger in butter. Add curry powder and sauté some more, stirring constantly. Add chicken and fry until brown on all sides. Add red bell pepper and chillies , and mix well. Add chicken broth, salt and coconut concentrate. Simmer for 10 minutes and serve immediately.

Coconut Chicken Curry Stir-fry >

- 3+ Tablespoons Zenian Creamed Coconut
- 1 cup water
- 1/4 cup plain yogurt
- 5 stalks coriander (or to taste)
- 1 1/2 Tablespoon curry powder
- 2 large cloves fresh garlic
- chunk of fresh ginger to taste
- 1 1/2 teaspoon Himalayan salt
- 2 Tablespoons coconut oil (plus 2 more for browning)
- 1/4 cup dried coconut flakes
- 500gms cubed chicken or turkey
- 2 cups broccoli
- 1 can sliced water chestnuts, drained

In a food processor or blender, process the Zenian Creamed Coconut concentrate, water, yogurt, coriander, curry, garlic, ginger, salt, 2 Tablespoons coconut oil, and (optional) water chestnuts, and coconut flakes until smooth. Set aside.

In a hot pan, add oil and meat of your choice and brown. Add the broccoli and water chestnuts (if not already used) along with the curry sauce to the meat and let simmer for 20-25 minutes, stirring occasionally.

Serve with rice or separately and enjoy!

Guacamole *

- 1-2 ripe avocados
- 2 -3 tomatoes
- ½ - 1 cup red capsicum
- ½ cup red onion
- Fish sauce or sea salt to taste
- Black pepper to taste
- Lemon juice to taste
- Chili sauce
- 2 Tablespoons Zenian Creamed coconut
- Olive oil to taste

Soften Creamed coconut if required. Then pulse blend remainder of ingredients until right mix of saltiness, sourness, smoothness is obtained for your taste

Busy Person's Crockpot Stew #

Although this recipe includes curry powder and cumin, it's not a curry. They just give it a mild, pleasant flavour. If you use plenty of different vegetables, this is a meal in a pot, and you won't need to cook anything else.

- About 1kg lamb or stewing beef
- 4 cups of chopped vegetables (or more). Choose a variety to your own taste, ideally choosing at least 1 from each of these 3 categories:
 - Onion, garlic, spring onion
 - Pumpkin, potato, kumera, carrot, beetroot or other root veges
 - Cauli, broccoli, green beans, spinach or other greens
- 1 teaspoon curry powder
- 1 teaspoon ground cumin seed
- 1 teaspoon sea or Himalayan salt
- 800ml-1 litre beef or lamb stock, or water
- 100gms (about 8 Tablespoon) Zenian creamed coconut
- Optional: handful of cashews

Cut the meat into chunks of about 1 inch square and put into the crockpot. Chop the vegetables into bite sized pieces and lay on top. Sprinkle the salt, curry and cumin over the top. Pour over enough stock or water to just cover everything. Give it a good stir. (If you don't have time in the morning, do this much the night before and keep in the fridge overnight.)

If you set this going in the morning before work, set your crockpot to Low and leave it simmering all day. If you set it going a bit later, you'll probably need to use a higher setting. (Refer to your own crockpot manual for its best settings.)

When you get home from work, stir in the Zenian Creamed Coconut till its melted. Taste, and add more salt if needed. Add optional cashews. Simmer for about another 15 to 20 minutes before serving.

DRINKS

Green Coconut Smoothie >

- 2 cups regular milk, almond milk, or water
- dash of nutmeg
- 1 teaspoon vanilla extract
- 2 Tablespoons coconut flour
- 2 generous Tablespoons Zenian Creamed Coconut
- 1 Tablespoon carob powder
- 2 Tablespoons freshly ground flax seeds
- 1-2 frozen bananas and/or any other fruit
- 1 dsp flaxseed or cod liver oil

Place all ingredients into blender and blend until smooth.

Banana Orange Smoothie >

- 1 banana
- ½ cup orange juice more or less, depending on how thick or thin you want it
- 3 Tablespoons virgin coconut oil - liquefied
- 1 Tablespoon Zenian Creamed Coconut
- 3 Tablespoons organic whole milk vanilla yogurt
- 3 ice cubes

Blend everything together in blender! This is also good with 5 frozen strawberries added.

Coconut-Banana-Carob Smoothie >

Makes 1 serving.

This is a quick, high-protein meal or snack that tastes like a dessert.

- 1 cup plain milk, rice milk, almond milk, or coconut milk
- 1-2 Tablespoons carob powder
- 1 ripe banana, peeled and mashed
- 1 scoop vanilla whey protein powder
- 2 Tablespoons Zenian Creamed Coconut, warmed slightly if necessary to soften

Blend all ingredients in a blender until smooth.

Coconut Hot Chocolate >

- 2 teaspoons cocoa powder
- 1-3 teaspoons honey (preferably raw)
- pinch of nutmeg
- ¼ teaspoon vanilla extract
- dash of salt
- 2 teaspoons Zenian Creamed Coconut (or more if not adding milk)
- (optional) milk or cream to taste
- boiling water

Put the cocoa powder into the cup, and add a small splash of boiling water. Mix the cocoa powder and water to a smooth paste. Add other ingredients (except water and optional milk). Add boiling water up to about three quarters full and stir till creamed coconut is dissolved. Add enough milk, cream or cold water to bring it to drinkable temperature. Stir and enjoy!!

Creamed coconut and ginger latte >

This “latte” is a nice coffee substitute and general winter warmer, as well as a great hot drink for fighting off colds and flus.

- Small knob of root ginger
- 1-2 generous Dsp's creamed coconut
- Small blob of honey
- 1 cup of hot water

Pulverise the ginger in a blender of hot water. Empty contents to bowl or cup through a strainer. Put in creamed coconut and honey. Return blender and blend up until frothy and creamy with a latte like froth.

Homemade Coconut Milk

As a substitute for tinned coconut cream or milk, you can make your own from Zenian creamed coconut. Mix together:

- Half cup hot water
- 1 – 4 Tablespoons Zenian Creamed Coconut, according to your taste

BREAKFASTS

Creamed Coconut Breakfast Oats >

Servings: 2

- 2 cups water
- 1 cup rolled oats
- 1/4 cup Zenian Creamed Coconut
- 1 teaspoon ground cinnamon
- 1 Tablespoon honey
- 1 Tablespoon chia seeds, optional

Bring water to boil in a medium saucepan. Add oats and cook for 5 minutes, stirring occasionally. After 5 minutes add honey, cinnamon, Zenian Creamed Coconut and seeds (if desired). Let simmer for 5 more minutes. Serve with extra honey and cinnamon to add to taste.

Coconut Breakfast Rice >

Makes 1 serving

- 1 cup hot rice
- 2 Tablespoons dried coconut
- 2 Tablespoons raisins
- 2 Tablespoon chopped walnuts or almonds
- 2 Tablespoons Zenian Creamed Coconut
- 1 piece crystallized ginger, minced
- 1 teaspoon honey (optional)
- dash cinnamon

Stir all ingredients together in a serving bowl. Serve with milk and eat as a hot cereal.

Coconut Banana Fritters *

Enough for two people

- 3 eggs
- 2 - 3 Tablespoons Zenian Creamed coconut
- 1-2 ripe bananas
- 2 Tablespoons Zenian Virgin Coconut Oil
- Cinnamon, chili sauce and honey to taste

Beat the eggs, creamed coconut well together. Then pulse blend in the bananas. Heat Coconut oil in heavy fry pan and place egg/creamed coconut/banana mix into hot oil. Sprinkle with cinnamon, honey or chili sauce according to personal taste.

Chocolate Spread

Use as a healthy alternative to nutella for your breakfast toast (preferably sourdough!)

Also makes a great snack straight off the spoon. Or use as a filling for homemade chocolates.

- 250g (1/2 jar) Zenian creamed coconut
- 125g coconut oil
- 2 Tablespoon cocoa powder (raw is delicious)
- 2 Tablespoon honey or other natural sweetener of your choice
- 2 tsp vanilla essence

If the creamed coconut or coconut oil are very solid, soften by placing in a container inside a bowl of warm water. Place all ingredients into a food processor, and process till smooth. Adjust the quantities of oil, cocoa and honey to suit your personal taste. Pour into a jar. It will firm up after sitting for a while.

Variations:

- **Vanilla spread** - Omit the cocoa. Add a little more vanilla if desired.
- **White Chocolate spread** - Omit the cocoa. Replace some of the coconut oil with melted cocoa butter. Add a little more vanilla if desired.

SNACKS & BAKING

GF Coconut Chocolate Chip Cookies

- 4 eggs
- 2 Tablespoons coconut oil
- 3/4 cup raw honey OR 1 cup organic sugar
- 2 cups Zenian Creamed Coconut
- 1 Tablespoon vanilla extract
- 1 teaspoon baking soda
- 1/2 cup chocolate chips, optional
- 1 cup walnuts or pecans, optional

Preheat oven to 350 degrees. Beat oil and sugar (or honey) together (5 min), then add eggs, one at a time until completely incorporated, then mix for another 2-3 min. Add Creamed Coconut concentrate, vanilla and baking soda, mix 3 minutes until well combined and no specks of Creamed Coconut are noticeable (completely incorporated). Add optional ingredients of your choice. Bake in large spoonfuls (ice cream scoop-size) for 15 min, or small spoonfuls for 8-10 min.

Note: For a "chunkier" cookie omit the 2 Tablespoons coconut oil. The oil is necessary for "spreadability."

Cocoa-Nut Peanut Butter Balls No Bake >

- 3/4 cup peanut butter
- 1/4 cup Zenian Creamed Coconut softened slightly
- 1/3 cup honey
- 1/4 cup cocoa powder
- 2 Tablespoons coconut flour
- Shredded coconut (optional)

In a small mixing bowl combine peanut butter, Zenian Creamed Coconut, and honey until well combined. Sift in cocoa powder and coconut flour together and add to peanut butter mixture. Stir or knead mixture until it forms a ball.

Roll into small balls, about 1 inch in diameter. If desired, roll in shredded coconut. Keep in a cool place.

Nut Crunchies >

Note: all measurements are approximate and can be varied to suit your taste. It is pretty hard to mess these up.

- 2 cups organic pecans & almonds
- 1 cup (or more) Zenian Creamed Coconut
- 1 Tablespoon (or as needed) coconut oil
- 1 - 2 Tablespoons unrefined sugar (or to taste)
- 1/4 teaspoon Himalayan salt
- 1/2 cup (or more) shredded coconut or coconut flakes

Process sugar in a food processor until very fine. Spread nuts in a cookie sheet and toast very lightly in a low heated oven. Place Zenian Creamed Coconut jar in hot water to soften. In a medium sized bowl, beat desired amount of Zenian Creamed Coconut, your choice of sweetener (see below), coconut oil, and salt with a mixer until creamy. Make sure the sugar and salt are mixed in well.

Fold the toasted nuts into the mixture and mix well with a large spoon until all nuts are well coated. Spread mixture evenly on a cookie sheet covered with parchment paper. Sprinkle the coconut shreds or flakes toasted lightly if desired over the Nut Crunchies and place cookie sheet in the refrigerator.

When cold, break apart the Nut Crunchies into bite-sized pieces and store in covered containers in the refrigerator.

Variations:

- Use any nuts you prefer, and/or use stevia instead of sugar to taste.
- Stir dried coconut toasted into the mixture before spreading out.
- Add flavoring such as a Tablespoon or two of lemon juice and some lemon zest for Lemon Nut Crunchies.
- Melt some organic dark chocolate, and spread over the mixture before or instead of sprinkling on the coconut.
- Stir bits of dried pineapple into the mixture for Pina Colada Nut Crunchies

No-Bake Healthy Protein Snack >

- 1/4 cup coconut oil
- 2 Tablespoon organic cocoa or carob
- 1/4 cup Zenian Creamed Coconut - softened
- 1/4 cup tahini (or any nut butter)
- 2 Tablespoon of brown rice syrup, or any sweetener to taste.
- 1/4 cup coconut flour (sifted)
- 1/8 teaspoon salt
- 1 cup raw seeds or nuts, (can be mixed)
- 1/2 teaspoon ginger powder
- 1/8 teaspoon stevia (optional)

Warm coconut oil and add cocoa and blend well. Stir in coconut cream, nut butter, and sweetener of your choice. Mix salt with coconut flour and blend into mixture. Stir in nuts and/or seeds, ginger powder, and stevia. Grease a container that can be refrigerated. Put mixture in container and cool for 1/2 hour and then score. This makes it easier to remove once it has firmed up. When mixture is firm finish cutting into squares, and enjoy.

Chocolate Coconut Crème bar >

- 2 Tablespoons Zenian Creamed Coconut
- 1-2 Tablespoons cocoa powder or carob powder
- Stevia or honey to desired taste

Melt down the Zenian Creamed Coconut until completely smooth and melted, stirring continuously. Slowly add cocoa powder until thoroughly mixed in and smooth.

Add in your sweetener, starting with 1 teaspoon for a rich taste and increasing to desired sweetness. Add your choice of other ingredients (see below) into this base and mix until evenly distributed.

Pour mixture into a mold, or any suitable bowl of choice and stick it in the fridge or freezer to re-harden. Enjoy!

Notes: Sunflower seed lecithin really adds a much smoother texture and is worth adding 1/2 teaspoon to recipe.

Additional ingredient ideas:

- Sprouted and dehydrated buckwheat groats, shredded coconut, nuts and seeds of choice for a great crunchy texture.
- Dried fruit of choice.
- Different types of herbs, spices, or superfoods such as cinnamon, nutmeg, cloves, maca, spirulina, chlorella, etc...
- Nut or seed butters.

Coconut Orange Fudge / Truffles

- 1 cup (250gm) Zenian creamed coconut
- 1 teaspoon coconut oil
- 1-2 Tablespoons honey, or other natural sweetener of your choice
- 1 Tablespoon of orange or lemon zest
- Optional: Orange or lemon essence or oil to taste

Add creamed coconut to food processor and chop up into fine chunks. Melt or soften coconut oil (not too hot) and add to food processor while spinning. Slowly add honey and extract/rind. Taste as you go to achieve desired sweetness. If the mixture seems a little dry, add a little extra coconut oil.

Place waxed paper on cookie sheet. Scoop mixture onto paper and spread thinly (1/3 -1/2 inch) and put pan in refrigerator to chill. Take out and cut into small 1/2 inch squares.
OR: Roll into balls to make truffles.
Store in airtight container in the refrigerator.

Variation - Chocolate Fudge / Truffles:

Replace zest and extracts with: 1 Tablespoon cocoa powder and 1 Tablespoon carob or extra cocoa

Variation - Coconut Date Fudge / Truffles:

Replace honey, zest and extracts with: about 6 fresh dates. The dates should give enough sweetness without honey, but you can add a little honey to taste if needed.

Variation - Apricot Fudge / Truffles:

Replace honey, zest and extracts with: about 10 dried apricots. This needs less honey (maybe 1-2 tsp), so add at the end to taste if needed.

DESSERTS & FROZEN TREATS

Chocolate Coconut Satin ^

This could be served as a delicious pudding, or as a frosting, or as a dip for your fruit such as strawberries, bananas, sweet cherries or pineapple. The uses are endless with your imagination. Enjoy!

- 1 large or 2 small avocados
- 1/2 - 3/4 cups honey (warmed slightly)
- 1/4 cup cocoa powder
- 2 Tablespoons Zenian Creamed Coconut
- 1 Tablespoon vanilla extract
- Dash of salt
- Toasted coconut for garnish, optional

Place everything except toasted coconut in a high-power blender or food processor and blend (on high) until very smooth. You will need to stop and stir frequently until mixture is satin-y smooth and well blended. Serve topped with toasted coconut if desired. Keep stored in an airtight container in the fridge - that is if it makes it to the fridge.

Coconut Parfait ^

- 1 cup coconut milk
- 1/4 cup coconut meat
- 1/2 cup soaked cashews
- 5 Tablespoon honey or agave syrup
- 1/4 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1/8 teaspoon Himalayan crystal salt
- 1 Tablespoon lecithin (optional)
- 3/4 cup ZENIAN Creamed Coconut

Blend well until smooth and creamy. Pour into parfait glasses, garnish with fruit. Set in fridge for at least an hour or overnight. The parfait is best on the day it is made but will keep for at least two days in the fridge. Store covered.

Raw Coconut Cream Pie ^

Coconut Crust

- 2 1/4 cups coconut flakes
- 120 g Medjool dates
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon Himalayan crystal salt

1. Process all ingredients until the crust starts to rise on the sides of the processor bowl. Stop the machine and mix with a spatula.
2. Repeat a few times until nuts are well broken down. The final result of the crust should be a mixture that can hold together with a gentle pressure and can be broken apart with a clean break.
3. Lightly grease entire inside of pie pan with some coconut oil.
4. Distribute crust evenly on the bottom and sides of pie pan and lightly compact by hand. Decorate edge of crust to your liking.
5. Set aside until ready to be filled.

Coconut Filling

- 2 1/4 cups coconut milk
- 3/4 cup coconut meat
- 1/2 cup dates
- 1 teaspoon vanilla extract
- 1/8 teaspoon Himalayan crystal salt
- 2 Tablespoon lecithin
- 3/4 cup ZENIAN Creamed Coconut

Blend all ingredients until smooth and creamy. Coconut pie must set in the freezer for about 2 hours before serving. This pie will keep in the fridge for at least three days. Keep covered.

Banana Coconut Ice Cream >

This makes a generous serving for two.

- 3 frozen bananas
- 1/4 cup (1 oz) shredded or flaked coconut
- 1/4 cup dried unsweetened fruit (eg cherries or raisins)
- 1 teaspoon cinnamon
- 1 teaspoon organic chocolate powder (optional)
- 1 teaspoon + Zenian Creamed Coconut
- 1/4 cup filtered water

Place all ingredients in a VERY STRONG blender and blend starting a low speed, working up to the highest speed until all is mixed and is the consistency of ice cream. If needed, add a couple ice cubes to thicken and chill.

Creamed coconut wooberry mix >

- 3 -4 generous dups creamed coconut
- 150ml – 200ml cream
- ½ cup frozen blueberries or more to taste
- 2 egg yolks
- Vanilla to taste

Put in food processor and blend well. The ice from the frozen blueberries will stop the creamed coconut from blending completely. Hence there will be nice little crunchy bits of creamed coconut in amongst this divinely smooth mixture. No sugar! Great treat for those doing GAPs type dietary regimes. Would probably also be great as a sauce or a parfait type dessert.

Coconut Orange Popsicles >

- 2 ripe bananas
- 30ml / 2 Tablespoon Zenian Creamed Coconut, softened
- 30ml / 2 Tablespoon coconut oil, melted
- 1 cup orange juice
- 1/2 cup milk

Blend bananas, creamed coconut, and oil together until smooth and well blended. Add remaining ingredients and blend to combine. Add any other fruit if desired. Pour into molds and freeze for at least 4 hours.

Coconut White Chocolate

- 100g Zenian creamed coconut
- 100g cocoa butter, melted
- 1 teaspoon vanilla
- 2 teaspoon honey

Set your cocoa butter to melt. Chop it up finely, then put it in a bowl on top of a pan of gently simmering water. (If you want to maintain its raw status, melt it a small bowl inside a larger bowl of hot tap water. Keep replacing the hot water, until it's completely melted, which takes longer.)

Meanwhile, weigh out your creamed coconut, and put into the food processor, along with the vanilla. Add the melted cocoa butter and combine well.

I prefer a little honey as the sweetener, but it doesn't mix well with the oils and often separates out. So put the food processor into the fridge until nearly set. Take out a couple of times and give it another zizz, then back into the fridge.

Once it's thick but not completely set, add the honey and zizz well. Spoon into chocolate moulds, or into a flat tray lined with baking paper and mark into squares, then refrigerate till set. Store in the fridge and take out just before serving.

Variation: Add 2-3 Tablespoon cocoa powder to make "milk" chocolate or even more if you like it darker. Adjust the honey to taste if needed.

*Recipes marked * are from Ian Haldane,
www.zenian.co.nz*

*Recipes marked # are from Deb Gully,
www.naturefoods.co.nz & www.diet.net.nz*

*Recipes marked ^ are from Renata Holicova,
www.fromgreytogreen.co.nz*

*Recipes marked > are from
www.freecocoanutrecipes.com*

*Some recipes may not have been tested by us.
Please feel free to give us your comments and improvements*