

# 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.



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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 equator 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.



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## 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.