

There are over 1,300 types of coconut, which can all be traced back to one of two genetic origins from either the Pacific or the Indian Ocean. Coconut water is one of the highest sources of electrolytes, and can keep the body properly hydrated so the muscles and nerves can function at their best.



Coconuts have many forms and purposes! Try these methods out:

- **Coconut water**—delicious on its own, or a fantastic addition to smoothies or popsicles!
- **Coconut milk and cream**—Coconut milk is made by mixing shredded fresh coconut meat with water and then squeezing it through a sieve or cheesecloth. The thick, creamy liquid that comes out is coconut milk. It can be used for Thai curries and stews. Coconut cream is basically coconut milk without all the water, and it is thicker and pastier. Coconut cream can be used to make dairy-free whipped cream or coconut yogurt.
- **Coconut oil**—Coconut oil can be sautéed for various recipes in cuisines from all over the world. It is especially good with seafood and vegetables. Coconut oil can also be used to moisturize skin and hair.
- **Coconut flour**—Coconut flour is simply dried, ground-up coconut meat. Coconut flour is gluten-free, low in carbohydrates, high in fiber, and ideal for baking.
- **Coconut sugar**—Coconut sugar is derived from coconut sap. It is the sweet juice extracted when the budding flower is just about to grow. This process offers a delicious, sweet taste similar to brown sugar with a hint of caramel, with vitamins, minerals, and amino acids. Coconut sugar is considered a low-glycemic food and is diabetic-friendly. Use coconut sugar as you would commonly use other sweeteners.
- **Dried flakes**—Dried flakes can be toasted and put in granola or sprinkled on top of yogurt dishes or desserts. When you buy coconut, choose the unsweetened kind to reduce sugar intake.

Turmeric Coconut Curry Sauce By: *Run Fast, Cook Fast, Eat Slow*
Serves: 4 Total time: 25 minutes

Ingredients:

- 1 Tbsp coconut oil
- 1 yellow onion
- 1/2 tsp fine sea salt
- 3 cloves garlic
- 1 Tbsp curry powder
- 1 tsp ground turmeric
- 1/4 tsp cayenne
- 1 can (13.5 oz) coconut milk



Directions:

1. Heat the oil in a medium saucepan over medium-high heat. Add the onion and salt and stir occasionally, until the onions are soft, but not brown—about 5 minutes. Add all spices and continue stirring frequently for 1 minute.
2. Stir in the coconut milk and bring to a boil. Reduce the heat to low and simmer, uncovered, stirring occasionally, until the sauce thickens and the flavors meld, about 10 minutes.
3. Use an immersion blender, or transfer the sauce until smooth. To save time, this sauce can also be served chunky.
4. To serve, fill a bowl with cooked rice or quinoa, add your favorite roasted veggies and protein beans, tempeh, chicken, steak, fried egg, etc.) and spoon the sauce generously over the top.

**** Store sauce in a glass jar in the fridge for up to 1 week. You can also freeze leftover sauce in individual portions to make future last-minute meals a breeze! ****

Fun Fact: When a coconut is dried, the coconut flesh is called “copra”.