

Coconut Oil/Spread Recipe

Contributed by Dr. Paul G. Jensen
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Coconut spread is made from whole dried coconut, it is very tasty and nutritious.

Coconut oil has many healthful properties. It contains medium chain fatty acids such as lauric acid which can be readily burned for energy and is helpful for increasing thyroid function. Lauric acid also has anti-bacterial and anti-viral properties.

Coconut oil can be used in place of other oils in cooking and can be added to foods and drinks to boost their nutritional value.

A good book to read about coconut oil including recipes is "Virgin Coconut Oil" by Brian and Marianita Jader Shilhavy. This book is available at Real Foods Market. There is also a copy of this book that you can read in my reception area.

Coconut oil is also excellent for putting on your skin and hair. It can be helpful for skin problems including acne.

Dr Jensen's "Healthy Fudge" Recipe

The following recipe is very nutrient dense, will satisfy your sweet tooth and give you lots of lasting energy without the carbohydrate crash.

1 cup coconut spread. (Liquefy by warming up)

½ to 1 cup of coconut oil. (Liquefy by warming up)

½ cup of Raw Cacao Powder

note: double the above amounts for a larger batch

Stir these first 3 ingredients until the Cacao Power is liquefied.

Then add the following:

¼ cup (or more) of your choice of dried fruit (raisins, date pieces, etc.)

¼ cup (or more) of your choice of "crispy nuts" (see recipe) (walnuts, pecans, almonds. etc) Stir until everything is mixed well. Let set up overnight in the refrigerator in the summertime or on the counter during colder months.

The problem with eating nuts.

Raw nuts contain enzyme inhibitors and therefore do not digest well.

Roasting nuts destroys much of the nutritional value and can also cause the fat in nuts to become rancid/toxic.

Soaking nuts and then drying them eliminates these problems.