

Organic Coconut Sugar

Country of Origin: Indonesia

Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1 tsp (4 g) / par 1 c. à thé (4 g)

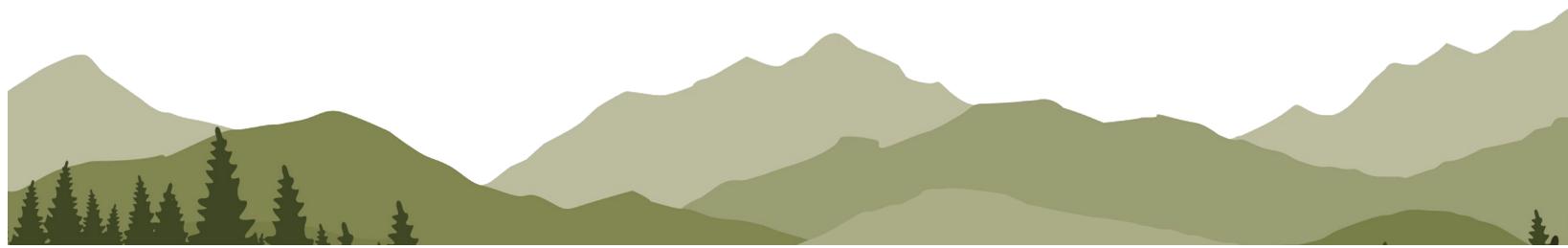
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 15	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

Factoid:

Coconut sugar is derived from the sap of the flower bud found on the coconut palm. It is similar in taste to brown sugar and can be used as a substitute in baking. It has a lower glycemic index than white sugar and contains nutrients such as magnesium, potassium and iron.

Ingredients:

Organic coconut sugar.



Recipe:

left coast
ORGANICS

Fresh Strawberry No-Bake Pie

Ingredients:

3 lbs strawberries rinsed, dried, and hulled	1 Tbl fresh lemon juice
3/4 C coconut sugar	1 prebaked pie shell
2 Tbl corn starch	1 C very cold heavy cream
1 1/2 tsp pectin or cornstarch	1 Tbl coconut sugar
Pinch Himalayan salt	

Instructions:

1. Add 6 ounces of berries to a food processor. Process until smooth, about 30-40 seconds.
2. In a medium saucepan, whisk coconut sugar, pectin/cornstarch, cornstarch, and salt.
3. Add pureed strawberries and cook over medium-high heat, stirring continuously. Bring to a boil. Let boil for two minutes, scraping down the sides and bottom of saucepan to prevent the mixture from scorching.
4. Transfer mixture to a large bowl. Add lemon juice and allow to cool to room temperature. Add remaining whole berries to the puree mixture. Gently fold to coat all the berries with the puree mixture.
5. Mound the mixture into pre-baked pie shell, rearranging berries to fill holes to make presentation attractive.
6. Refrigerate at least two hours until well-chilled.
7. For the whipped cream, add cream and coconut sugar to a chilled mixing bowl. With chilled beaters, begin beating the cream and sugar on low speed until bubbles form, for about 30 seconds. Turn the speed up to medium, and continue to beat until the beaters begin to leave a trail in the cream mixture, for approximately 30-45 seconds more. Turn speed up to high, and continue to beat until cream has doubled in volume and soft peaks have formed, for approximately 30-60 seconds longer. Cut pie into wedges and serve with whipped cream.