



Coconut

3 Prep and cooking tips

- To open using a knife or screwdriver: pierce the softest of the three “eyes” by pressing the point of the knife/ screwdriver into the eye. Try different eyes of the coconut.
- To open using a hammer or anything harder than a coconut, wrap it with a towel and hit the center with the tool repeatedly while turning it until it breaks.
- You can drink the water of the coconut by itself or add it to any drink or soup. You can eat the white flesh of the coconut by itself or add it to any dish. You can also cook or bake the flesh of the coconut in multiple recipes.

2 Shopping and storage

- Look for coconuts that feel heavy in size. You can shake the coconut to listen to the liquid inside. Make sure there is no mold, visible cracks, or wet areas on the coconut.
- You can buy dried coconut, but make sure to purchase the unsweetened version!

1 Nutrition Fact:

- Coconut meat is high in dietary fiber (which helps to normalize bowel movements) and is high in potassium (which is important in blood pressure regulation).

Go!

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