

### Coco-Choc Banana Shake

2 Bananas, cut into chinks and frozen  
1/2 cup Non-dairy chocolate "ice cream"  
1 cup Native Forest™ Organic Coconut Milk  
1 Tbsp. Chocolate syrup (optional)

Blend all in a blender until smooth. Serve immediately.

### Coconut Curry

2 Tbsp. Canola oil  
1-1/2 cups Onions, sliced  
2 tsp. Curry powder  
1 can Native Forest™ Organic Coconut Milk  
1 cup Canned tomatoes, drained and diced  
2 Tbsp. Fresh basil or mint (optional)

Heat oil in a large skillet. Add onions and sauté until soft (about 10 minutes). Stir in curry powder and cook for one more minute. Add coconut milk and cook, stirring until mixture thickens (about 5 minutes). Add tomatoes and cook for one more minute. Serve over rice or noodles. Garnish with fresh herbs (basil or mint), if desired.

### Coconut Rice

2 cans Native Forest™ Organic Coconut Milk  
1 1/2 cups Jasmine rice

In a medium saucepan, combine coconut milk and rice. Bring to a boil, stirring occasionally. Reduce heat to low, cover and cook for 10 minutes (stir occasionally so rice does not stick).

### Coconut Rice Pudding

2 cans Native Forest™ Organic Coconut Milk  
1 cup Rice  
3/4 cup Sugar

In a medium saucepan, combine coconut milk and rice. Bring to a boil, stirring occasionally. Reduce heat to low, cover, and cook for 10 minutes (stir occasionally so rice does not stick). Serve warm or chilled, topped with shredded coconut, raisins, cinnamon...

### Pineapple Coconut Drink

1 cup Native Forest™ Organic Coconut Milk  
1 1/2 cup Pineapple juice  
4 1/2 tsp Sugar (to taste)

Blend all well together in a blender. Drink cold.

### Garlic Coconut Noodles

12 oz. Rice noodles  
3 Tbsp. Canola oil  
1 cup Bell peppers, diced  
2 cups Eggplant, peeled and diced  
2 cloves Garlic, minced  
1 can Native Forest™ Organic Coconut Milk  
1 Tbsp. Premier Japan® Garlic Sesame Tamari  
2 Tbsp. Minced fresh cilantro

Soak rice noodles in enough water to cover them. Heat a large frying pan. Add oil and allow to heat. Add peppers and eggplant. Cook until vegetables are brown and tender (about 10 minutes). Add the garlic and coconut milk, stirring for 1 minute. Add the noodles and cook about 5 minutes until noodles have absorbed most of the milk. Season with the Tamari and remove from heat. Sprinkle with cilantro and serve.

### Coconut Lime Dressing

3 Tbsp. Smooth peanut butter  
1/2 cup Native Forest™ Organic Light Coconut Milk  
3 Tbsp. Lime juice  
2 Tbsp. Miso (mellow white or other variety)

Combine all in blender. Blend until well mixed. Use on your favorite green or pasta salads, add miso.

### Jamaican Red Beans and Rice

1 bulb Organic garlic, minced  
Small bunch Organic green onions, chopped  
1 cube Organic Country™ Vegetable Cubes  
2 Tbsp. Organic olive oil  
3 Tbsp. Organic cayenne pepper sauce  
1 cup Organic red beans (already soaked/cooked or canned)  
1 1/2 cups Organic short or medium grain brown rice  
1 can Organic vegetable broth  
2 cans Native Forest™ Organic Light Coconut Milk

In a large, heavy pan, sauté garlic and green onions in olive oil until tender. Add bouillon, broth, coconut milk, pepper sauce and rice. Stir periodically and simmer over low heat until rice is just tender. Stir in beans and simmer an additional 10-15 minutes.

Note: This also may be made using a rice cooker. Sauté onions and garlic in oil then put everything but the beans in the rice cooker. Cook until done then add beans and let sit 10 minutes longer in cooker.

(Recipe courtesy of Jessica, Mick and Spencer)



# RECIPES

All recipes below work well with either the Classic or Light variety of Native Forest™ Organic Coconut Milk unless otherwise indicated.

### Coconut Rice Pudding

2 cans Native Forest™ Organic Coconut Milk  
1 cup Rice  
3/4 cup Sugar

In a medium saucepan, combine coconut milk and rice. Bring to a boil, stirring occasionally. Reduce heat to low, cover, and cook for 10 minutes (stir occasionally so rice does not stick). Serve warm or chilled, topped with shredded coconut, raisins, cinnamon ...

### Pineapple Coconut Drink

1 cup Native Forest™ Organic Coconut Milk  
1 1/2 cup Pineapple juice

Mix together and enjoy.

### Enhanced Carrot Juice

1 glass Freshly juiced carrots  
2-3 Tbsp. Native Forest™ Organic Coconut Milk

Mix together and enjoy.

### Coconut Nog (Dairy Free)

1 1/2 cups Native Forest™ Organic Coconut Milk  
1 1/2 cups Non-dairy vanilla "ice cream"  
1/4 tsp. Nutmeg  
3 Tbsp. Dark rum (or 1 tsp rum flavor)

Blend all ingredients in a blender until smooth. Serve topped with more nutmeg, if desired.

### Coconut "Ice Cream"

1 can Native Forest™ Organic Coconut Milk  
8 oz. Silken Tofu  
6 Tbsp. Sugar  
1 Tbsp. Vanilla Extract

Place all the ingredients in a blender and mix until well mixed. Test for sweetness and add more sugar if desired. Transfer the mixture into an ice cream machine until ready. Alternatively, pour into a rigid plastic box and freeze for about 4 hours, stirring once or twice.

### Coconut Banana Pancakes

1 1/2 cups Unbleached flour  
2 Tbsp. Sugar  
1 tsp. Baking Powder  
1/8 tsp. Cinnamon (optional)  
1/8 tsp. Allspice (optional)  
1 1/4 cup. Native Forest™ Organic Coconut Milk  
3 Medium Bananas, sliced

In a large bowl, mix all dry ingredients and set aside. In a food processor, combine the milk and half the bananas and puree until smooth. Pour this mixture into the dry ingredients and mix until just blended. Fold in the remaining sliced bananas. Heat a lightly oiled skillet over medium heat and ladle about 3 tablespoons of the pancake batter into it. Cook on one side until small bubbles appear (about 2 minutes). Flip the pancakes and cook until lightly browned.

### Veggie Coconut Soup

1 1/2 cubes Organic Country™ Vegetable  
Harvest Cubes dissolved in 3 cups water  
**2 2/3 cup Native Forest™ Organic Coconut**  
2 Carrots, diced  
3 Tbsp. Premier Japan® Garlic Tamari Sauce  
1 tsp. Fresh ginger, peeled and minced  
(or ginger puree)  
1/8 tsp. Salt (optional)  
4 to 5 Mushrooms, thoroughly cleaned and coarsely chopped  
2 Tbsp. Fresh lime juice

In a large saucepan bring to boil Organic Country™ Vegetable Harvest Cubes and Native Forest™ Organic Coconut Milk. Reduce heat and stir in carrots, Premier Japan® Garlic Tamari Sauce, ginger, and salt. Simmer for 10 minutes. Then add mushrooms and lime juice. Simmer once more for 5 to 10 minutes. Ladle into bowls and top with chopped fresh cilantro (if desired).

### Peanut Sauce

1/4 cup Creamy Peanut Butter  
2-3 Tbsp. Native Forest™ Organic Lite Coconut Milk  
2-3 Tbsp. Lime juice  
1 Tbsp. + 1 tsp. Premier Japan® Ginger Tamari  
2 tsp. Sugar  
1 tsp. Finely minced ginger  
1 clove Pressed garlic

Put peanut butter in bowl. Gradually add 2 Tbsp. coconut milk, 2 Tbsp. lime juice and all other ingredients. Stir well. Add remaining lime juice if desired. Stir in extra coconut milk as needed to achieve desired texture.

### Pecan French Toast

1/4 cup Pecans, toasted  
1 1/4 cup Native Forest™ Organic Coconut Milk  
4 oz. Soft tofu, drained  
1 Tbsp. Vanilla  
1/4 cup Maple syrup  
8 slices Bread

Blend the pecan until powdered. Add the milk, tofu, vanilla and maple syrup and process until smooth. Pour this mixture into a shallow bowl and dip both sides of the bread until evenly coated. Heat a lightly oiled skillet over medium-high heat. Add the coated bread until browned on both sides. The finished French toast can be kept warm in a 200° oven until ready to serve. Serve with butter and maple syrup. Can also serve with chopped toasted pecans.

### Coconut Pumpkin Soup

1 Tbsp. Unsalted butter or margarine  
2 Tbsp. Extra virgin olive oil  
2 lbs. Pumpkin, cubed  
1 lb. Sweet potato, cubed  
1 Sweet onion, coarsely chopped  
1 Leek, cleaned and coarsely chopped  
6 Cloves of garlic, peeled  
To taste Salt and fresh black pepper  
2 Tbsp. Fresh ginger, chopped  
Juice 1 to 2 limes  
1-2 tsp. Red curry paste  
4 inch Piece of fresh lemon grass, smashed with the back of the knife  
6 cubes Organic Country Vegetable cubes (dissolved in 6 cups hot water)  
1 can Native Forest™ Organic Coconut Milk

Preheat oven to 350°. Put butter and oil in a roasting pan and melt butter in the oven. Put pumpkin, sweet potato, onions, leek and garlic in the pan and toss, coating everything with butter and oil. Sprinkle with salt and pepper. Cover with foil. Cook in the oven until the vegetables are soft, stirring occasionally. Put cooked vegetables, their cooking juices, ginger, lime juice, red curry paste, lemongrass, vegetable broth and coconut milk into a large pot. Bring to a boil and then simmer for 20 minutes. Remove lemongrass. Puree soup and strain (optional). If soup is too thick, use more vegetable broth. Taste for seasoning. Serve hot.

(Recipe courtesy of Living Without® Magazine)