

### Granny's Germantown Coconut Cookies

1 cup	Butter
2 cups	Sugar
1 1/2 tsps	Vanilla
3	X-large eggs
2 cups	Unbleached flour
2 tsps	Baking soda
2 cups	Rolled oats
2 cups	Let's Do...Organic® Shredded Coconut
1 cup	Walnuts, chopped

Preheat oven to 375°F. Cream together the butter, sugar, vanilla and eggs. Mix the flour and baking soda into the creamed mixture. Stir in the oats, coconut and walnuts. Drop on cookie sheet. Bake for 8 minutes.

(Recipe courtesy of Anita-The Dalles, OR)

### Pecan Spice Kamut Cookies

1/4 cup	Oil
1/2 cup	Maple syrup
1/4 cup	Sugar
3/4 cup	Freshly ground kamut flour
1/2 cup	Tapioca or wheat flour
1 cup	Pecans, chopped
1/2 cup	Raisins
1 tsp.	Cinnamon
1/8 tsp.	Sea salt
1/4 cup	Let's Do...Organic® Shredded Coconut
Dash	Nutmeg, ginger and/or cloves

Preheat oven to 400°F. Mix oil and sweeteners together. In separate bowl, mix remaining ingredients and then stir them slowly into liquid mixture. For each cookie, drop 1-2 Tbsp. of cookie dough onto lightly oiled cookie sheet, about 2-3 inches apart. Bake 9-12 minutes, until lightly browned, but still soft. Cool on wire racks. Cookies get crispy as they cool.

(Recipe courtesy of Azure Farm)

### Chocolate Coconut Pots

1 can	Native Forest™ Organic Coconut Milk
1 cup	Let's Do...Organic® Shredded Coconut
5 oz.	Water
2 Tbsp.	Cointreau (orange liqueur)
7 oz.	Dark chocolate, broken into chunks

Pour the liquids into a small saucepan and heat until just before boiling point. Take the pan off the heat, add the broken chocolate and blend with a hand blender until smooth. (Alternatively, put it all into a blender). Pour into 6 ramekins and chill for several hours. Top with shredded coconut. Serve.

### Coconut Cream Pie

12 oz	Firm tofu
1 1/2 cups	Powdered sugar
2 tsp.	Vanilla
1/2 tsp.	Salt
1 1/4-2 1/4 cups	Let's Do...Organic® Shredded Coconut
1 1/2 cups	Graham cracker crumbs
3 Tbsp.	Fructose
1/3 cup	Butter, melted

Make pie crust by mixing the graham cracker crumbs, fructose and butter and pressing into pie plate. Bake at 350°F for 10 minutes. Blend tofu, sugar, vanilla and salt until smooth and creamy. Fold in 1-2 cups of the shredded coconut. Pour into pie shell and bake 15 minutes. Sprinkle 1/4 cup shredded coconut on top and bake another 5 minutes or until the filling looks firm and set. Serve chilled.

(Recipe courtesy of Susan-Medical Lake, WA)

### Mango Coconut Cucumber Salad

1	Cucumber, peeled, seeded and diced
1	Mango, peeled and diced
1-2 Tbsp.	Lime juice
1	Small red pepper, minced
2 Tbsp.	Let's Do...Organic® Shredded Coconut
2 tsp.	Brown sugar

Mix all ingredients in a bowl. Chill for 15-20 minutes. Serve.

### Coconut Key Lime Pie

3/4 cup	Crushed graham crackers
3/4 cup	Let's Do...Organic® Shredded Coconut
1/2 cup	Melted butter
4	Egg yolks
1 cup	Lime Juice
14 oz.	Canned sweetened condensed milk
1/2 cup	Let's Do...Organic® Shredded Coconut, Toasted

Preheat oven to 350°F. Mix graham crackers and coconut together. Add butter and mix until well blended. Using fingers, press crust mixture into bottom and up the sides of a 9 inch pie pan. Bake crust for about 6 minutes until set. Beat egg yolks until foamy. Add lime juice and condensed milk and beat until well mixed. Pour mixture into crust and bake for twenty minutes. Cool completely. Top with whipped cream and sprinkle with coconut.

### Watermelon Virgin Margarita

2 cups	Seeded watermelon chunks
1/2 cup	Let's Do...Organic® Shredded Coconut
1 cup	Ice
	Juice from 1 fresh lime

Place all ingredients in a blender and blend until smooth. Pour into a sugar rimmed glass.



LET'S DO...ORGANIC®



RECIPES

All recipes below work well with either the Regular or Lite variety of Let's Do...Organic® Shredded Coconut.

### Fruit & Nut Bars

1 cup	Almond Butter
1/2 cup	Honey
1/5 tsp.	Vanilla (almond extract for a more almondy flavor)
1/3 cup	Raw sunflower or sesame seeds
2/3 cup	Raisins, dried cherries, currants
1/3 cup	Let's Do...Organic® Shredded Coconut
1/3 cup	Chocolate chips (optional)
3 cups	Crispy rice cereal
1/4 tsp.	Butter or margarine

Mix almond butter, honey and vanilla until smooth. Add all other ingredients except the rice. Mix until well coated. Add the crispy rice gradually while stirring. When well mixed, firmly press the dough into a greased square baking pan. Cover and refrigerate 1 day prior to serving. This allows time for the bars to set.

### Coconut Macaroons

2/3 cup	Condensed milk
1 large	Egg white
1 1/2 tsp.	Vanilla
1/8 tsp.	Salt
3 1/2 cups	Let's Do...Organic® Shredded Coconut

Preheat oven to 325°F. Mix first 4 ingredients until well blended. Then add the shredded coconut. Drop by teaspoonfuls on a greased baking sheet and bake about 20-25 minutes until lightly browned.

### Coconut Granola

3 cups	Rolled oats
1/4 cup	Whole wheat flour
1 cup	Let's Do...Organic® Shredded Coconut
1/2 cup	Let's Do...Organic® Coconut Flakes
1/2 tsp	Cinnamon
1/3 cup	Canola or safflower or sunflower oil
1/2 cup	Maple syrup
1 tsp.	Vanilla (optional)

Preheat oven to 300°F. Mix dry ingredients in a large bowl. In a separate bowl, blend all wet ingredients. Add wet ingredients to dry ingredients and stir until well mixed. Spread on oiled cookie sheet and bake for about 1 hour until golden brown. Let cool. Serve with milk, soy milk, yogurt or...

### My Favorite Macaroons

4	Large-Xlarge egg whites (1/2-2/3 cup)
1/4 tsp.	Cream of tartar, unless using a copper bowl
1/3 cup	Honey or agave nectar (cactus honey)
1/4 tsp.	White stevia extract powder
1 1/2 tsps.	Non-alcoholic vanilla extract (or 1 tsp pure vanilla extract in alcohol)
1 1/3 cups	Let's Do...Organic® Shredded Coconut (additional 1/2 cup only as needed)

Unrefined coconut oil to grease baking sheets

Separate whites from yolks; transfer pure whites to an impeccably clean 1 to 1 1/2 quart measuring container, or copper, glass, or stainless steel bowl. Preheat oven to 300°F or lower if your oven runs hotter than the dial indicates. Line a large cookie sheet with unbleached parchment paper and lightly mist or rub with oil. (Oil bleached parchment, if used). Using an electric beater on high, beat whites until frothy. Add cream of tartar. Beat until stiff peaks form when beaters are lifted away. Or remove beater and hold bowl upside down; if whites are beaten sufficiently, they will not fall out. Reduce speed to low. Gradually add honey or agave nectar, stevia, and vanilla. Turn off and fold coconut in with a wide wooden spoon. Whites may deflate, don't panic! Add additional coconut, a little at a time, if batter is very wet from using extra-large eggs. Drop batter by level tablespoons onto prepared baking sheet(s), creating an oval shape. If desired, use 2 spoons to make a round shape. Bake in center of oven until set and slightly brown around edges, 18 to 20 minutes. Cool on baking sheet, and transfer to airtight container.

### **Variations:**

\*My Favorite Coconut Orange Macaroons: Replace vanilla with 1 tsp. Orange extract.

\*My Favorite Cocoa Macaroons: Add 2 Tbsp. Sifted unsweetened cocoa.

(Recipe courtesy of *The Garden of Eating: A Produce-Dominated Diet & Cookbook* ©Planetary Press, 2004 by Rachel Albert-Matesz & Don Matesz-For information or to order visit: [www.TheGardenOfEathingDiet.com](http://www.TheGardenOfEathingDiet.com).)

### Coffee Coco Cookies

1cup	Flour
1/3cup	Sugar
1/3cup	Oil
1/3cup	Let's Do...Organic® Shredded Coconut
3Tbsp.	Instant coffee dissolved in 1 Tbsp warm water
1Tbsp.	Vanilla

Mix oil and sugar. Sift flour and salt and add to the oil and sugar. Add vanilla and coffee. Mix well and form into balls. Roll in shredded coconut, flatten a little and bake at 350°F for 10 minutes.

### Coconut Treats

1 cup	Butter or margarine
1 tsp.	Vanilla
2 cups	Unbleached wheat flour
2 cups	Let's Do...Organic® Shredded Coconut
1/4 cup	Powdered sugar (extra for coating)
Extra	Powdered sugar for coating

Preheat oven to 350°F. Blend butter, vanilla, and the powdered sugar. Add flour until well blended. Stir in shredded coconut. Roll dough into one inch balls. Place about two inches apart on greased baking sheets. Bake for 15-20 minutes until lightly browned. Upon removal from the oven, roll the cookies in some powdered sugar. Let cool before eating.

### Baked Pears with Coconut

2 large	Pears
1/2 cup	Let's Do...Organic® Shredded Coconut
2 tbsp.	Sugar
1 tsp.	Cinnamon
1/2 tsp.	Ground ginger

Preheat oven to 350°F. In a small bowl, mix coconut, sugar and spices. In a baking dish, place pears cut side up. Put 2 Tbsp. of coconut mixture in each pear half. Bake for 30 minutes or until tender.

### Coconut Cupcakes with White Chocolate Cream Cheese

#### Frosting

13/4 cup	All-purpose flour
2 tsp.	Baking powder
1/2 tsp.	Salt
3	Egg whites
3/4 cup	Native Forest™ Organic Coconut Milk
1 tsp.	Vanilla Extract
1/2 tsp.	Almond Extract
3/4 cup	Sugar
1/2 cup	Unsalted butter at room temperature
1 cup	Let's Do...Organic® Shredded Coconut

#### Frosting:

8 oz.	Cream cheese at room temperature (not nonfat)
1/2 cup	Unsalted butter at room temperature
2 oz.	White chocolate, melted
2 cups	Powdered sugar
Juice of 1/2 lime	

#### Topping:

1 1/2 cup	Let's Do...Organic® Shredded Coconut
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Preheat oven to 350°F. Line a muffin tin with cupcake papers. Sift flour, baking powder, and salt together. Combine egg whites, coconut milk, and extracts in a seasoning cup. Cream sugar and butter with an electric mixer on medium speed. Blend until butter lightens in color and texture, about 4 minutes. Alternately add dry and wet ingredients, starting and ending with dry, in three additions. Fold in coconut using a rubber spatula. Scoop batter into prepared muffin tin, filling about 3/4 full. Bake until a toothpick inserted in the center of each cupcake comes out clean (25-30 minutes). Cool in the pan for 5 minutes and then remove to cool completely. Start preparing the frosting: beat cream cheese and butter with an electric mixer until smooth. Add melted white chocolate and lime juice; beat to blend. Add powdered sugar and beat until smooth. Mix will be gooey. Spread 3 Tbsp. Frosting on each cooled cupcake. Top with shredded coconut.