

## **Coconut Water** (Beverages)

**Interesting facts:** Coconut water is the clear liquid inside young green coconuts (fruits of the coconut palm). Coconut water contains the same level of electrolytic balance as is in the blood. During WWII wounded soldiers in the Pacific were given coconut water in place of emergency plasma transfusion. Coconut water is found in fresh green coconuts; do not confuse it with coconut milk which is squeezed from the flesh of mature coconuts.

**How to select:** The absolute best coconut water comes straight from an organic coconut tree. It should be young and green. If you must opt for packaged water, choose raw and organic or organic using high “pressure” processing (HPP). The best are Harmless Harvest and Exotic Super foods. Like anything else (when it comes to food) – know your source.

**What to avoid:** Avoid coconut water bought in cans or cartons that use: reconstituted concentrate instead of fresh coconut water: Pasteurizing coconut water with heat. Adding preservatives to flavor and sweeten coconut water. Find one with 6 grams or less of sugar.

**How to prepare:** Place the coconut on its side on the cutting board and shave off the white layer exposing the brown nut on the top. Place the coconut back up on its bottom. Take the largest part of the knife near the handle and go around the top of the coconut creating a large hole. Remove the top of the nut and pour the water into a glass. If the water is pink the coconut is not quite ripe and this water can be used for smoothies. You want the water to be clear for the best coconut water. If it is brown or cloudy do not drink.