



ABSOLUTE NATURAL PRODUCTS INC

Organic Coconut Milk Powder



Coconuts are among the most important nut crops in the tropics, and their dispersal throughout the world is intertwined with human history, so much so that patterns of genetic diversity in coconuts mirror maps of early trade routes. Coconut milk -- the liquid expelled from grated coconut meat -- can be used to make smoothies, soups, curries or stews. While it has some drawbacks compared to dairy milk, coconut also has several nutritional

advantages and serves as a superior source of several essential nutrients.

Niacin Content

Coconut milk serves as a much richer source of niacin, also called vitamin B-3, than regular milk. It contains 1.8 milligrams per cup -- 13 percent of the recommended daily intake for women and 11 percent for men -- compared to just 0.23 milligrams found in a serving of dairy milk. Niacin, along with other B-complex vitamins -- helps you metabolize the nutrients in your food so that you're able to use them for energy. It also helps you produce sex hormones essential for reproductive health, as well as stress hormones.

Iron Content

Reach for coconut milk over regular milk, and you'll also consume more iron. Each 1-cup serving of coconut milk provides you with an impressive 3.9 milligrams of iron, which makes up almost half the recommended daily intake for men and 22 percent for women. Iron directly supports your metabolism by aiding in energy production. It also indirectly supports your cellular metabolism by helping transport essential oxygen to your tissues. Without this oxygen, your cells would not be able to perform the chemical reactions they need to make energy and support day-to-day functioning.



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Copper Content

Coconut milk offers another nutritional advantage over regular milk because it provides more copper. The copper in your diet complements iron's function because it also aids in energy production. Copper keeps your immune system strong and helps you make collagen required for resilient connective tissues. Each serving of coconut milk boosts your copper intake by 638 micrograms -- 71 percent of the recommended daily intake -- while an equivalent serving of dairy milk offers just 24 micrograms.

Usage

With Organic Coconut Milk Powder you can make as little or as much coconut milk as you need and with the added convenience of a long shelf-life. It is there whenever you need it without getting lost in your refrigerator and spoiling! This Organic Coconut Milk Powder makes getting clean, rich coconut milk fast and easy by simply adding hot water. It is ideal for puddings, desserts, ice cream, exotic dishes such as curries, and beverages like the popular Piña Colada or tropical smoothies.