



COCONUT RECIPES

Cooking with Cocomi

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COCOMI

BIO ORGANIC



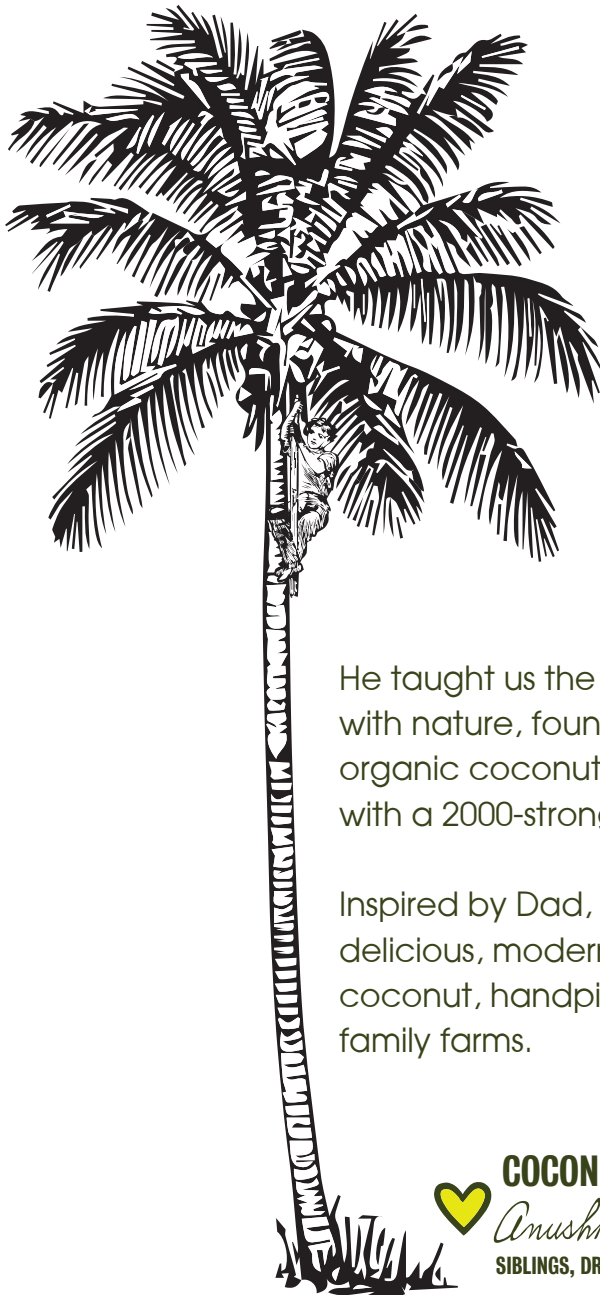
MAKING BREAKFAST

with coconut





our story



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Growing up, we learnt the art of farming watching our Dad, from haggling to managing crops to even coconut whispering.

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Inspired by Dad, we bring you Cocomi: delicious, modern twists on the humble coconut, handpicked fresh from our organic family farms.



COCONUTS WITH LOVE

Anushka & Shamindra Rajjyah
SIBLINGS, DREAMERS & COCONUTTERS-IN-CHIEF

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COCONUT CARAMEL STICKY BUNS



INGREDIENTS

Dough:

250ml Cocomi Coconut Milk
3 tbsp butter
1 1/4 tbsp yeast
1 tsp brown sugar
Pinch of salt
125g Cocomi Coconut Flour
250g wheat flour

Filling:

60g butter
110g brown sugar
1/2 tbsp ground cinnamon

Glaze:

125g chopped nuts
50g brown sugar
60g butter
2 tsp Cocomi Coconut Cream

METHOD

1. In a large sauce pan heat the coconut milk and yeast, never reaching boiling. Remove from heat and let cool. It should be warm but not too hot or it will kill the yeast. Let activate for 10 minutes.
2. Transfer mixture to a large mixing bowl and add sugar and the salt and stir.
3. Next add in flour 62g at a time, stirring as you go. The dough will be sticky. When it is too thick to stir, transfer to a lightly floured surface and knead for a minute or so until it forms a loose ball, adding more flour as you go and as it will absorb. Rinse your mixing bowl out. Cover with plastic wrap and set in a warm place to rise for about 1 hour, or until doubled in size.
4. While dough is rising, prepare sticky glaze by mixing butter and brown sugar and spreading it in an even layer on the bottom of an 8x8 baking dish. Top with crushed nuts, coconut cream and set aside.
5. On a lightly floured surface, roll out the dough into a thin rectangle. Brush with melted butter and brown sugar and cinnamon.
6. Starting at one end, tightly roll up the dough and situate seam side down. Then with a serrated knife or a string of floss, cut the dough into 1.5 - 2 inch sections and position in your 8x8 dish with the glaze layer on the bottom (you should have about 10 rolls). Cover with plastic wrap and set on top of the oven to let it briefly rise again while you preheat oven to 350 degrees.
7. Once the oven is hot, bake rolls for 25-30 minutes or until slightly golden brown. Let cool for a few minutes.

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COCONUT LIME YOGURT MUFFINS



INGREDIENTS

Dough:

65g Cocomi Coconut Flour
65g of wheat flour
150g brown sugar
½ teaspoon salt
½ teaspoon baking powder
½ teaspoon baking soda
2 eggs
250g plain Greek yogurt or buffalo curd
2 tbsp Cocomi Virgin Coconut Oil
65ml Cocomi Drinking Coconut Milk
1 tbsp of lime rind
65ml lime juice

METHOD

1. Preheat the oven to 350 F (175 C).
2. In a large bowl, whisk together the flours, sugar, salt, baking powder and baking soda.
3. In a separate bowl, vigorously whisk together eggs, yogurt, coconut oil and milk.
4. Pour wet ingredients into the dry ingredients and mix together until just combined. Do not over-mix.
5. Add the lime juice and lime rind and fold into the batter.
6. Scoop the batter into a lined muffin pan.
7. Bake for 20-23 minutes.
8. Allow to cool and gently move to a cooling rack.

COCONUT FLOUR ZUCCHINI BREAD



INGREDIENTS

Topping:

40g chopped nuts
3 tbsp Cocomi Coconut Flour
1 tbsp Cocomi Virgin Coconut Oil
2 tbsp honey
½ tsp cinnamon
1/8 tsp salt

Bread:

6 eggs
½ Cocomi Coconut Milk
150ml honey
3 tbsp Cocomi Virgin Coconut Oil
45g grated zucchini
1 tsp vanilla
30g Cocomi Coconut Flour
30g wheat flour
½ tsp salt
1 tsp baking soda
1 tsp baking powder
1 ½ tbsp cinnamon

METHOD

1. Preheat the oven to 350 F (175 C).
2. Mix topping ingredients together in a bowl with a fork until crumbly. Set aside.
3. In a large bowl mix eggs, coconut milk, honey and oil.
4. Mix in zucchini and vanilla.
5. In a separate bowl mix flours, salt, baking powder, baking soda and cinnamon.
6. Combine dry ingredients with wet ingredients.
7. Pour into greased pan and sprinkle crumble mixture on top.
8. Bake for 45 minutes or until toothpick inserted comes out clean.

COCONUT & DATE GRANOLA



INGREDIENTS

255g oats
65g Cocomi Coconut Milk Powder
30g Cocomi Coconut Flour
1tsp cinnamon
½ tsp salt
50g Cocomi Creamed Coconut (1 packet)
120ml Cocomi Virgin Coconut Oil
170g honey, maple syrup or treacle
85g pitted dates - chopped
50g Cocomi Coconut Flakes

METHOD

1. Preheat the oven to 350° F (175°C).
2. In a large bowl mix oats, coconut milk powder, coconut flour, cinnamon and salt.
3. In a small bowl mix creamed coconut, coconut oil and honey and pour over the dry mixture.
4. Mix well and pour mixture onto a baking tray.
5. Bake for 40 minutes, stirring every 10 minutes to keep the mixture from burning.
6. Stir in coconut flakes and chopped dates and return to the oven for 3-5 more minutes.
7. Remove from the oven and allow to cool.
8. Store in an airtight container.

COCONUT FLOUR WAFFLES WITH PINEAPPLE



INGREDIENTS

30g Cocomi Coconut Flour
2 tbsp brown sugar
1 tsp baking powder
Pinch of salt
3 tbsp Cocomi Virgin Coconut Oil
250ml Cocomi Coconut Milk
2 eggs
165g fresh pineapple cubed
Syrup for topping (Agave/Honey/Maple)
Cocomi Coconut Chips for topping

METHOD

1. In a bowl mix together flour, sugar, baking powder and a pinch of salt.
2. In a small bowl whisk together coconut oil, coconut milk and eggs.
3. Add the wet ingredients to the dry mixture, stirring until just combined.
4. Grease waffle iron with coconut oil if needed. Cook waffles according to waffle iron instructions or until the waffles are golden brown and crispy.
5. Top with cubed pineapple, syrup and coconut chips.

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COCOMI CARROT CAKE WAFFLES



INGREDIENTS

100g finely grated carrots
65g Cocomi Coconut Flour
1 tsp baking powder
1 tsp cinnamon
1/4 tsp salt
30g brown sugar
180ml Cocomi Coconut Cream
3 tsp Cocomi Virgin Coconut Oil
1 1/2 tsp vanilla extract
2 large eggs - lightly beaten

METHOD

1. Whisk dry ingredients in a large bowl.
2. Combine wet ingredients in a separate bowl.
3. Combine the two mixtures together and fold in shredded carrots.
4. Warm up waffle iron, coat with coconut oil if needed.
5. Spoon 3-4 tablespoons of batter onto the waffle iron spreading with a spatula.
6. Cook for 2 minutes or until cooked.
7. Repeat with remaining batter.
8. Enjoy warm!

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COCONUT PEANUT BUTTER PANCAKE SAUCE



INGREDIENTS

250ml Cocomi Coconut Milk
340ml treacle or honey
125g peanut butter
1 tbsp vanilla extract
1 tbsp Cocomi Virgin Coconut Oil

METHOD

1. Stir milk, honey and peanut butter together in a saucepan over medium heat.
2. Cook at a boil for 3 minutes while whisking constantly.
3. Remove from heat and stir vanilla and coconut oil into the syrup.
4. Enjoy over pancakes, waffles or ice cream.

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COCONUT BANANA BREAD



INGREDIENTS

5 medium bananas – smashed with a fork
170g brown sugar
6 eggs - beaten
125ml Cocomi Virgin Coconut Oil
6 tbsp Cocomi Coconut Flour
65g wheat flour
1 tsp baking soda
30g Cocomi Coconut Chips

METHOD

1. Preheat the oven to 350°F (175°C).
2. In a bowl combine bananas with sugar.
3. Mix in eggs and oil.
4. Add flours and baking soda and mix well. Sprinkle coconut chips on top.
5. Pour into a greased pan.
6. Bake for 40 minutes until golden brown, or until a wooden pick comes out clean.
7. Allow to cool before removing from pan. Serve warm or cold.

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COCOMI BANANA CHOCOLATE SCONES



INGREDIENTS

125g Cocomi Coconut Flour
125g wheat flour
2 tbsp cocoa powder
1/8 tsp salt
1 tsp baking soda
50g chocolate chips or chopped
chocolate pieces
125ml Cocomi Coconut Milk
1 large banana
110g of coconut sugar
1 tsp vanilla extract
Cocomi Desiccated Coconut for
garnish
Powdered sugar for dusting

METHOD

1. Preheat the oven to 350°F (175°C).
2. In a medium bowl whisk together flours, baking soda, cocoa powder, salt and add half the chocolate chips.
3. Mix coconut milk, banana, vanilla, sugar in a blender.
4. Add wet to the dry ingredients and form dough.
5. Press together with your fingers until you can knead into dough ball.
6. Press dough into a ½ inch thick flattened disk.
7. Top with remaining chocolate chips.
8. Bake for about 10-12 minutes.
9. Let cool on baking sheet and transfer to rack.
10. Dust with desiccated coconut and powdered sugar.

COCONUT MILK OATMEAL



INGREDIENTS

125ml water
1/4 teaspoon salt
500ml of Cocomi Coconut Drinking Milk
2 to 4 tbsp honey or treacle
1 tsp vanilla extract
80ml quick cook oatmeal
175ml fresh fruit
Cocomi Coconut Chips for garnish

METHOD

1. Combine the water, salt, coconut milk, honey and vanilla in a saucepan and bring to a boil.
2. Stir in the oatmeal and bring back to a boil.
3. Reduce the heat to low, stirring occasionally until oatmeal is cooked mixture is creamy.
4. Serve in a bowl topped with fruit, coconut chips and honey and a dash of coconut milk.

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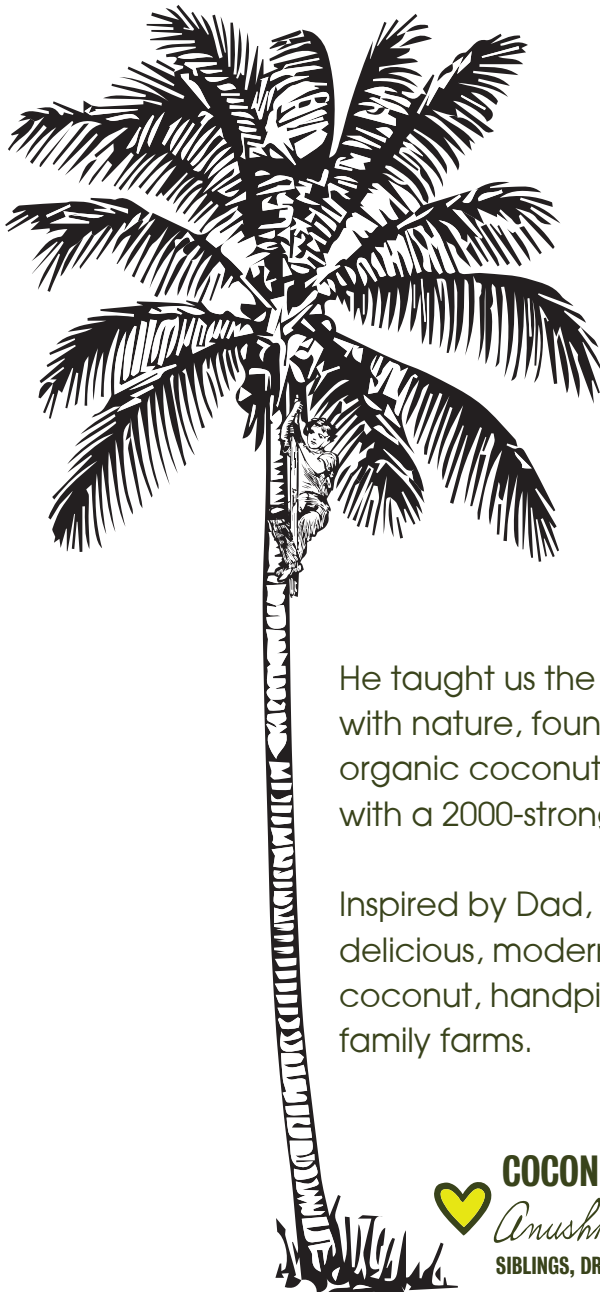
MAKING DINNER

with coconut





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COCONUTS WITH LOVE

Anushka & Shamindra Rajjyah

SIBLINGS, DREAMERS & COCONUTTERS-IN-CHIEF

COCOMI SMOKED SALMON QUICHE

with easy coconut oil crust



INGREDIENTS

Crust:

125g Cocomi Coconut Flour
½ wheat flour
1 ½ tsp brown sugar
1 tsp onion salt
120ml Cocomi Virgin Coconut Oil
2 tbsp Cocomi Coconut Milk

Filling:

110g smoked salmon - flaked
125g asparagus
110g shredded cheese
5 eggs
250ml Cocomi Coconut Cream
2 tbsp of flour
2 tsp salt
1/4 tsp Italian seasoning

METHOD

1. Heat oven to 425 F (220 C).
2. Mix flour, sugar and onion salt in medium bowl.
3. Beat coconut oil and coconut milk in measuring cup with fork until creamy
4. Pour oil mixture over coconut flour mixture; stir until dough forms.
5. Pat dough on bottom and side of ungreased pie plate or quiche dish.
6. Sprinkle salmon over crust.
7. Cut off bottom one-third of each asparagus spear; reserve top spear portions.
8. Cut off bottom one-third of each asparagus spear; reserve top spear portions.
9. Beat eggs, coconut cream, dill, flour, salt and pepper in medium bowl with wire whisk.
10. Slowly pour egg mixture over quiche ingredients.
11. Arrange reserved asparagus in spoke fashion on top of quiche.
12. Bake for 15 minutes. Reduce oven temperature to 325 F. Bake 40 to 45 minutes longer or until knife inserted in center comes out clean.
12. If necessary, cover edge of crust with strips of aluminum foil after 10 to 15 minutes of baking to prevent excessive browning. Let stand 10 minutes before cutting.

COCONUT FETA COUSCOUS SALAD



INGREDIENTS

170g couscous - cooked according to the package directions
60g feta cheese - crumbled
70g chopped roasted red peppers
10g fresh mint leaves
1 tbsp Cocomi Virgin Coconut Oil
2 tbsp Cocomi Coconut Chips
Salt and black pepper to taste

METHOD

1. Let the couscous cool.
2. Fold in the Feta, red peppers, mint, oil, coconut chips salt, and pepper.
3. Serve cold.

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COCONUT OIL VEGETABLE STIR-FRY



INGREDIENTS

1 tbsp Cocomi Virgin Coconut Oil
1 medium onion
2 cloves garlic
1 yellow squash
1 medium zucchini
1 red bell pepper
½ tsp black pepper
½ tsp salt
½ tsp Italian spices

METHOD

1. Slice onion, squash, zucchini and red pepper.
2. Heat oil in a large skillet or wok.
3. Add the onion and garlic and fry to a golden brown. Add other vegetables.
4. Cook over medium heat for 1 minute stirring quickly and often.
5. Add the spices and stir till vegetables are tender.
6. Serve with rice or noodles.

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COCOMI SPICY CHICKEN KEBABS



INGREDIENTS

5-6 chicken tenders - thawed and cut into one-inch pieces
2 bell peppers – chopped into chunks
2 onions – chopped into chunks
3 tbsp Cocomi Virgin Coconut Oil
1/4 tsp turmeric
1/4 tsp ground ginger
1/2 tsp ground garlic
1/4 tsp cayenne pepper
Salt and pepper to taste
Cilantro leaves for garnish
6-7 wooden skewers (soaked in water)

METHOD

1. Alternate chicken pieces and chunks of bell peppers and onions on the wooden skewers.
2. In a small bowl mix the coconut oil and spices, ginger and garlic.
3. Brush mixture over skewers. Season with salt and pepper.
4. Preheat grill to medium heat.
5. Place skewers on the grill and cook for 8-10 minutes until chicken is cooked through.
6. Garnish with cilantro leaves and serve.

COCONUT CRUSTED WHITE FISH



INGREDIENTS

1 lb White fish fillet
1 egg
30g Cocomi Coconut Flour
25g Cocomi Desiccated Coconut
½ tsp Italian spices
¾ tsp salt
¼ tsp pepper
4 tbsp Cocomi Virgin Coconut Oil
4 lime wedges

METHOD

1. Whisk egg in bowl. Set aside
2. Combine coconut flour, desiccated coconut, spices, salt and pepper in a separate bowl.
3. Cut fish into pieces as you prefer. Pat dry with a paper towel.
4. Heat 4 tablespoons of the coconut oil in a large skillet over medium heat. Add the fish to the egg, transfer pieces to the flour mixture and coat evenly.
5. Transfer fish pieces to skillet and cook 2 to 4 minutes per side (thinner pieces will cook faster). Crust should be a light golden brown.
6. Transfer to plate lined with paper towels.
7. Serve with lime wedges.

COCOMI COCONUT SHRIMP



INGREDIENTS

30g Cocomi Coconut Flour
1/4 tsp paprika
1/4 tsp ground pepper
1/4 tsp salt
2 eggs
30g Panko crumbs
38g Cocomi Desiccated Coconut
500g medium shrimp (deveined and tails on)
Cocomi Virgin Coconut Oil

METHOD

1. Add the coconut flour, cayenne pepper, salt and paprika to a medium size bowl and set aside.
2. Add the eggs to a medium size bowl and whisk and set aside.
3. Add the Panko crumbs and desiccated coconut to a medium size bowl and set aside.
4. Picking the shrimp up by the tail, gently dip the shrimp in the flour mixture making sure the majority of the body is coated.
5. Immediately dip the flour covered shrimp into the egg bowl, making sure any excess egg drops off. Dip the egg drenched shrimp into the coconut Panko mixture and coat well.
6. Repeat this process with all the shrimp.
7. Add 3 tablespoons of coconut oil to a skillet over medium low heat.
8. Gently transfer a small batch of shrimp to the skillet and let them cook for about 1-2 minutes per side.
9. Move the cooked shrimp to a plate lined with a paper towel, to soak up the excess oil.
10. Repeat until all the coconut covered shrimp have been cooked.
11. You may have to add a few tablespoons of coconut oil to the pan between batches.

COCONUT GINGER - LIME RICE WITH CHICKEN CURRY



Basil Coconut Lime Rice:

750ml Cocomi Coconut Milk
1 tbsp Cocomi Virgin Coconut Oil
500g jasmine or basmati rice
1 tbsp fresh ginger - grated
2 tsp fresh basil - chopped
1 lime - juice and zest

Curry:

500g boneless - diced skinless chicken
2 bell peppers - chopped
1 zucchini - chopped
175g of corn
1 tbsp fresh ginger - grated
2 cloves minced garlic
2 tbsp Cocomi Virgin Coconut Oil
2-3 tbsp Thai red curry paste
1 tbsp spicy curry powder
500ml Cocomi Coconut Milk
1 tbsp fish sauce
25g fresh basil - chopped
15g fresh cilantro - chopped
1 mango - diced
1 fresh green chili
100g feta cheese - crumbled

Rice:

1. Add the coconut milk to a medium size pot.
2. Bring to a low boil and then add the rice, salt, ginger and 1 tablespoon coconut oil.
3. Stir to combine and then place the lid on the pot and turn the heat down to the lowest setting.
4. Allow the rice to cook 10 minutes on low and then turn the heat off completely and let the rice sit on the stove, covered for another 20 minutes.
5. Remove lid and add lime juice, lime zest and basil.
6. Fluff the rice with a fork.

Curry:

1. Heat a large skillet over medium-high heat and add 1 tablespoon of coconut oil.
2. Add the diced chicken and sauté the chicken until cooked through, about 5-10 minutes.
3. Remove chicken from the skillet and place on a plate.
4. Add another tablespoon of oil to the skillet. Add the red peppers and corn, sauté 3-4 minutes and add zucchini, ginger and garlic.

COCONUT OIL RAW PAPAYA SALAD



INGREDIENTS

5 tbsp fresh lime juice
3 tbsp brown sugar
2 tbs plus 2 tsp fish sauce
1 tbs Cocomi Virgin Coconut Oil
2 tbs dried shrimp - chopped
4 garlic cloves - minced
3 Chinese long beans - halved
crosswise or 15 green beans
Medium sized green papaya -
peeled, halved, seeded
10 large cherry tomatoes - halved
50g chopped fresh cilantro
2 green onions - very thinly sliced
1 fresh red Thai chili with seeds - thinly
sliced
2 tbs coarsely chopped salted
peanuts

METHOD

1. Whisk first 5 ingredients in medium bowl. Set dressing aside.
2. Cook beans in medium saucepan of boiling salted water until crisp-tender, about 5 minutes.
3. Rinse under cold water. Cut into 2-inch pieces.
4. Using julienne peeler, peel enough papaya to measure 1kg
5. Place in large bowl. Add tomatoes, cilantro, green onions, chili and green beans.
6. Pour dressing over salad and toss. Sprinkle peanuts and serve.

EASY COCONUT CURRY SOUP



INGREDIENTS

1 tbsp Cocomi Virgin Coconut Oil
1 onion - chopped
3 cloves garlic - smashed
1 inch of ginger - peeled and grated
1-2 tbsp red curry paste
1-2 tbsp turmeric
1 tbsp salt
2 tbsp brown sugar
12 baby potatoes
500ml Cocomi Coconut Milk
500ml vegetable broth
100g extra firm tofu
180g of sliced vegetables

METHOD

1. Heat the oil in a large pot over medium heat and add the onion, garlic, and ginger and stir fry for a few minutes.
2. Add the curry paste, turmeric, salt, and sugar. Stir-fry for another few minutes and add the potatoes, coconut milk, and broth. Simmer until the potatoes are soft.
3. Allow to cool slightly, then transfer to a blender and puree until smooth. Add in more water or broth to thin out the soup as needed.
4. Cut tofu into small pieces. In the same pot, heat a little more oil and add the tofu, stir-frying until golden brown. Pour in a small amount of the pureed soup. Remove from heat when the tofu is deep golden brown and crispy.
5. Cut tofu into small pieces. In the same pot, heat a little more oil and add the tofu, stir-frying until golden brown. Pour in a small amount of the pureed soup. Remove from heat when the tofu is deep golden brown and crispy.

COCONUT OIL VINAIGRETTE



INGREDIENTS

60ml Cocomi Virgin Coconut Oil
60ml apple cider vinegar
1 tsp Italian seasoning
1 tbsp honey
½ tsp salt
Juice of one lime

METHOD

1. Place all ingredients in a jar and mix well.
2. Use on your favourite salad.

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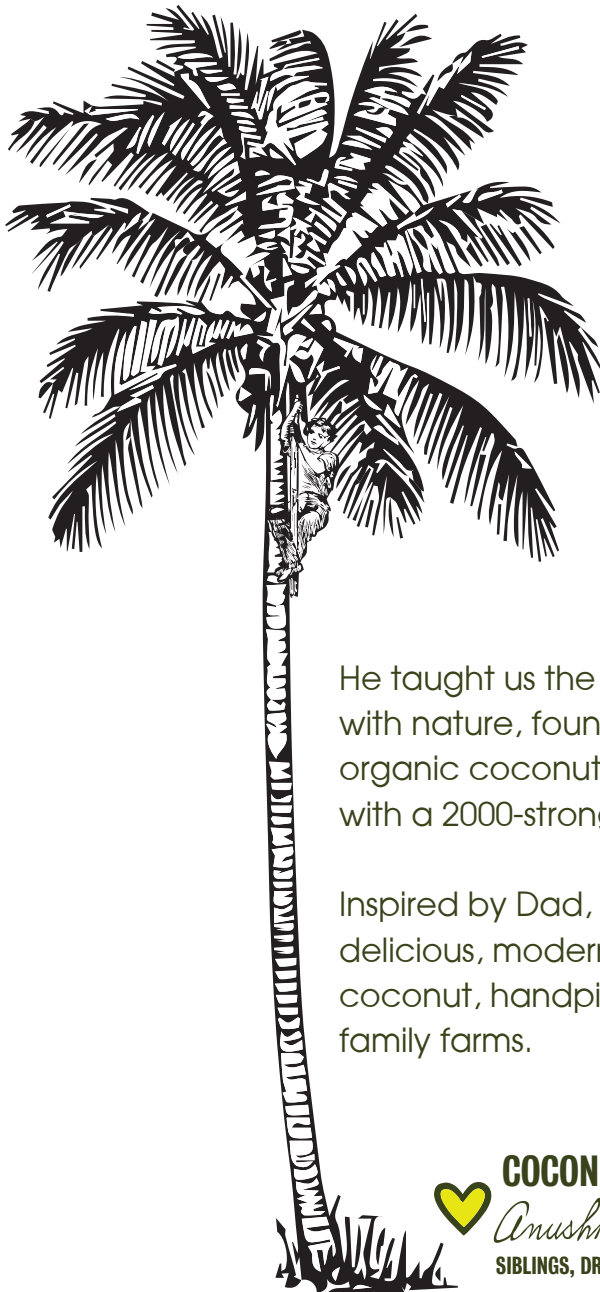
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COCOMI COCONUT CAKE



METHOD

1. Put all the ingredients in the bowl and mix until well combined.
2. Pour the batter into a greased pan and bake in a pre heated oven at 180 C (355 F) for 30 minutes or until a toothpick inserted in the middle of the cake comes out clean.
3. Let it cool down completely, then unmold it and dust it with icing sugar.

INGREDIENTS

240ml condensed milk
4 eggs
64g Cocomi Coconut Flour
1tsp baking soda
3 ½ tbsp butter - melted
120ml Cocomi Coconut Milk
50ml Cocomi Coconut Cream
Icing sugar- for dusting

COCONUT MANGO CUPCAKES



INGREDIENTS

180g of butter- softened
330g brown sugar
4 eggs - lightly beaten
2 mangoes - flesh finely chopped,
plus extra to serve
35g Cocomi Desiccated Coconut
30g Cocomi Coconut Flour
125g wheat flour
1 tsp baking soda
1 tsp baking powder
Topping
Chopped mangoes
Cocomi Coconut chips

METHOD

1. Preheat oven to 175C (375 F).
2. Cream butter and sugar. Add eggs one at a time, beating well between each addition.
3. Add mango, desiccated coconut and flours, baking soda and baking powder. Beat until just combined adding the mango piece right at the end.
4. Pour mixture in a lined muffin tray and bake for 45 min or until a skewer inserted into the center comes out clean.
5. Mix icing ingredients and glaze cupcakes once they have cooled.
6. Cool on a cake rack.

COCONUT PASSION FRUIT CAKE



INGREDIENTS

Glaze:

190g icing sugar
2 passionfruits - pulp

Bread:

75g butter
170g brown sugar
2 eggs
50ml Cocomi Coconut Cream (1 packet)
125ml Cocomi Coconut Milk
125ml Cocomi Coconut Flour
30g wheat flour
1 tsp baking powder
½ tsp salt
3 passionfruits – pulp

METHOD

1. Preheat oven to 175 C (375 F).
2. Cream butter and sugar. Add eggs, coconut cream and coconut milk.
3. Add flours, baking powder and salt and mix well.
4. Add pulp from 3 passionfruits fold into mixture.
5. Pour mixture into a greased cake tin.
6. Cook for approximately 40 minutes or until skewer inserted into cake comes out clean.
7. To make the glaze, add passionfruit pulp to icing sugar and mix well.
8. When cake is completely cooled, drip glaze over the top of the cake and serve.

COCONUT PANNA COTTA



INGREDIENTS

105-120ml plus 3 to 4 teaspoons water
2 tsp unflavored gelatin
Cocomi Virgin Coconut Oil- for the
ramekins
375ml Cocomi Coconut Milk
250ml Cocomi Coconut Cream
55g brown sugar
Pinch of salt

METHOD

1. Pour the water in a shallow bowl, sprinkle with the gelatin and let stand until the gelatin softens, about 2 minutes.
2. Slick ramekins with coconut oil.
3. In a small saucepan over medium heat, heat the coconut milk, cream, sugar and a pinch of salt until hot, but not simmering.
4. Add the softened gelatin mixture and stir until completely dissolved.
5. Divide the mixture among the prepared ramekins.
6. Place in a roasting pan, cover with plastic wrap, and refrigerate until set, at least 4 hours, preferably 12 hours.

EASY COCONUT MACAROONS



INGREDIENTS

3 egg whites
200g Brown sugar
187.5g Cocomi Desiccated
Coconut
2 tsp vanilla essence

METHOD

1. Preheat the oven to 350°F (175°C).
2. In a bowl combine flour, baking powder and salt. Set aside.
3. In another bowl combine coconut cream, butter and powdered sugar. Mix until creamy and smooth.
4. In a small bowl rub the sugar and lemon zest together. Add to the butter mixture. Mix until smooth. Add the lemon juice and mix until well combined.
5. Slowly add dry ingredients until all are combined.
6. Chill the dough for about 30 minutes (or overnight if possible).
7. Roll the cookies dough into little balls, about a tablespoon of dough per cookie.
8. Place the cookies on a baking sheet lined with parchment paper.
9. Bake cookies for 10-12 minutes.
10. Remove from oven and let cool on cookie sheets. Transfer to a cooling rack.

SWEET COCONUT DRESSING ON TROPICAL FRUIT SALAD



INGREDIENTS

TROPICAL FRUIT SALAD

Diced mango
Diced pineapple
Diced papaya
Passionfruit pulp

SWEET COCONUT DRESSING

125ml Cocomi Coconut Cream
1 tbsp Cocomi Virgin Coconut Oil
1-2 tbsp honey
Cocomi Coconut Chips – for garnish

METHOD

1. Mix fruits and set aside.
2. Mix coconut cream, coconut oil and honey until smooth.
3. Pour on top of the fruit salad and sprinkle with coconut chips and serve cold.

COCONUT FLOUR CREPES



INGREDIENTS

2 eggs
2 tbsp Cocomi Virgin Coconut Oil
1/8 tsp salt
2 tbsp Cocomi Coconut Flour
75ml Cocomi Coconut Milk

METHOD

1. In a medium bowl beat eggs, oil and salt.
2. Mix in coconut flour and coconut milk
3. Heat a skillet over medium heat with a drizzle of coconut oil.
4. Pour a small amount of batter in the skillet and swirl around in pan until a thin layer of batter covers the bottom.
5. Cook 1-2 minutes, or until batter is bubbly and cooked around the edges.
6. Flip the crepe and cook the other side until done.
7. Add filling of syrup of your choice.

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COCONUT FLOUR BROWNIES



INGREDIENTS

75ml Cocomi Virgin Coconut Oil
60g cocoa powder
6 eggs
200g Brown Sugar
60ml Cocomi Coconut Milk
pinch of salt
65g Cocomi Coconut Flour
Cocomi Desiccated Coconut for garnish

METHOD

1. Preheat oven to 350 F (175 C).
2. Combine the coconut oil and cocoa powder.
3. Mix in eggs, coconut sugar, milk and salt.
4. Add coconut flour and mix well.
5. Grease a small baking dish and pour batter into dish.
6. Bake for 30 minutes.
7. Remove from oven and allow to cool.
8. Cut in squares and dust with desiccated coconut.

COCONUT APPLE FRITTERS



INGREDIENTS

2 sliced apples
60g wheat flour
2 tbs Cocomi Coconut Flour
60ml Cocomi Coconut Milk
2 large eggs - lightly beaten
50g of Coconut Sugar
1½ tsp cinnamon
2 tbs Cocomi Virgin Coconut Oil
Cocomi Desiccated Coconut

METHOD

1. In a large bowl, combine the flours, eggs, cinnamon, sugar and apples, stirring until the mixture is combined.
2. Coat the bottom of a large pan with oil and place over medium-high heat.
3. Once the oil is hot, scoop 2 tablespoons of the mixture into the pan, pressing them lightly into rounds.
4. Cook the fritters for 2 to 3 minutes, then flip them and cook until golden brown and cooked through.
5. Dust with cinnamon and desiccated coconut.

COCONUT LEMON DROP COOKIES



INGREDIENTS

30g Cocomi Coconut Flour
1/4 tsp baking powder
1/8 tsp salt
125ml Cocomi coconut cream
55g powdered sugar
60g butter
2 tbsp sugar
Zest of 1/2 lemon
Juice of 1/2 lemon (about 2 tbsp)

METHOD

1. Preheat the oven to 350 F (175 C).
2. Stir in the oatmeal and bring back to a boil.
3. Reduce the heat to low, stirring occasionally until oatmeal is cooked mixture is creamy.
4. Serve in a bowl topped with fruit, coconut chips and honey and a dash of coconut milk.

COCOMI

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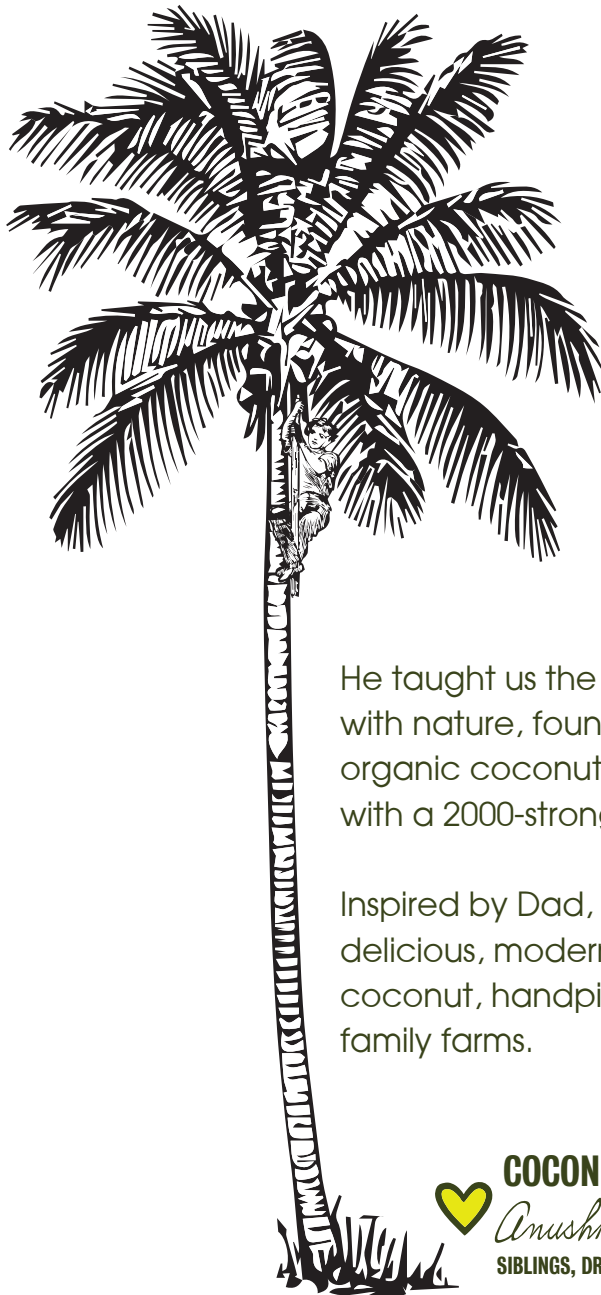
MAKING SNACKS

with coconut





our story



Our story is 100 years in the making, when our family started farming the rich Sri Lankan lowlands for spices and coconuts.

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COCONUTS WITH LOVE

Anushka & Shamindra Rajjyah

SIBLINGS, DREAMERS & COCONUTTERS-IN-CHIEF

COCONUT BANANA COOKIES



INGREDIENTS

1 large banana
90 g Cocomi Desiccated Coconut
1 tbsp Cocomi Virgin Coconut Oil
1 tbsp Cocomi Coconut Flour
2 tbsp of brown sugar

METHOD

1. Preheat the oven to 350 F (175 C). Grease cookie sheet, set aside.
2. Pulse the ingredients for a few moments in a food processor until very well combined.
3. Shape into discs, then set on the greased cookie sheet and bake in the preheated oven for 25 minutes or until golden.

COCONUT DARK CHOCOLATE BITES



INGREDIENTS

1 tbsp Cocomi Virgin Coconut Oil
60ml honey or treacle
60ml Cocomi Coconut Milk Powder
30g Cocomi Desiccated Coconut
100g dark chocolate
Cocomi Desiccated Coconut

METHOD

1. Mix coconut oil and honey together.
2. Add coconut milk powder and desiccated coconut.
3. Mix and form balls.
4. Place on a baking sheet and refrigerate for 3 hours.
5. Melt chocolate for a minute in a microwave or over a stove until smooth.
6. Dip each coconut ball into melted chocolate and remove with a fork.
7. Place on baking sheet and sprinkle with desiccated coconut.
8. Serve cold

COCONUT PLANTAIN CHIPS



INGREDIENTS

1 green plantain
1 tsp Cocomi Virgin Coconut Oil
½ tsp salt
37g of Cocomi Desiccated
Coconut

METHOD

1. Set oven to 350 F (175 C) and line a baking sheet with parchment paper.
2. Cut the ends off and then score the length of the plantain with about three evenly spaced cuts.
3. Peel the plantain, slice diagonal as thinly as you can consistently manage.
4. Toss the plantain slices in coconut oil, lay on the baking sheet, and sprinkle with the salt.
5. Bake for 20-25 minutes.

COCONUT CITRUS LOAF



INGREDIENTS

6 eggs
60ml Cocomi Virgin Coconut Oil
Zest from 3 limes
Juice from 3 limes
Zest from ½ an orange
Juice from 1 orange
250ml Cocomi Coconut Milk
150ml honey or treacle
150g Cocomi Coconut Flour
250g flour
1 tsp baking soda
1/4 tsp salt

METHOD

1. Preheat oven to 350 F (175 C).
2. Combine all the ingredients in a mixing bowl and mix well.
3. Pour into a greased bread pan and bake for 30-45 minutes or until golden on top and middle is cooked through.

COCONUT CHOCOLATE OATMEAL BARS



INGREDIENTS

Layer 1:

60ml Cocomi Virgin Coconut Oil
60g butter
30g coconut sugar
105g quick cook oats
30g Cocomi Desiccated Coconut
30g Cocomi Coconut Milk Power

Layer 2:

65g Cocomi dark chocolate spread
2 tbsp peanut butter
2 tbsp Cocomi Coconut Spread
Cocomi Coconut Flakes to garnish

METHOD

1. Mix all the ingredients in layer 1 in a pan over medium heat for 2 minutes.
2. Press the mixture at the bottom of a small square dish, leaving aside a 1/4 of the mixture for the topping.
3. Mix all the ingredients of layer 2 in a pan over low heat, stirring frequently until smooth.
4. Pour the chocolate mixture over the first layer and top with crumbled mixture and coconut flakes.
5. Refrigerate for at least 2 to 3 hours (or overnight if possible)
6. Bring to room temperature before cutting the bars.

CINNAMON COCO POPSICLES



INGREDIENTS

1 tsp cinnamon powder
1½ tbsp honey
250ml Cocomi Coconut Milk
Short cinnamon sticks

METHOD

1. Stir together coconut milk, honey and cinnamon.
2. Pour into shot glasses and set a cinnamon stick in each glass.
3. Let it freeze for at least 4 hours (overnight if possible).
4. Serve frozen.

MANGO SALSA WITH COCONUT OIL



INGREDIENTS

1 large mango - cubed
1 medium tomato - cubed
20g cilantro leaves
1 tbsp vinegar
1 tbsp sugar (optional)
2 tbsp Cocomi Virgin Coconut Oil
½ tsp salt
Juice of half a lime

METHOD

1. Mix all ingredients in a bowl and refrigerate for an hour.
2. Serve with chips or crackers.

COCONUT ZUCCHINI WAFFLES



INGREDIENTS

170g Shredded zucchini
2 eggs
60ml Cocomi Coconut Milk
1 tsp salt
2 tbsp Cocomi Coconut Flour
30g flour
½ tsp Italian seasoning
Dash of Cocomi Virgin Coconut Oil

METHOD

1. Squeeze juice out of the shredded zucchini and set aside.
2. Pre-heat waffle maker to a medium setting and coat with coconut oil if needed.
3. In a large bowl whisk together the eggs and milk.
4. In a small bowl combine the coconut flour and flour with Italian seasoning.
5. Combine the egg and milk mixture with the flour mixture.
6. Add in the grated zucchini and mix well.
7. Place rounded tablespoons of the batter on the waffle iron.
8. Cook until lightly browned, about 3-5 minutes.
9. Serve warm.

COCOMI OIL POPCORN



INGREDIENTS

40g popping corn
1 ½ tbsp Cocomi Virgin Coconut Oil
Salt to taste

METHOD

1. Heat your pot over medium heat.
2. Add the coconut oil and put a few kernels into the pan and wait for them to pop to check the heat of the oil.
3. Once the test kernels have popped, place the rest of the popcorn seeds into the pan and cover.
4. After the kernels begin popping, begin to shake every 10 seconds or so until you hear the popping slow down. When the popping slows down to a pop every 2-3 seconds remove the pan from heat and continuously shake for another 10-20 seconds. This helps the popcorn at the bottom from burning.
5. Pour into a bowl, salt to taste.

COCONUT BUTTERNUT SQUASH FRITTERS



INGREDIENTS

45g shredded butternut squash
30g wheat flour
2 tbsp Cocomi Coconut Flour
60ml Cocomi Coconut Milk
2 large eggs - lightly beaten
1½ tbsp minced fresh cilantro
½ tsp salt
Pinch of black pepper
2 tbsp Cocomi Virgin Coconut Oil
Cocomi Desiccated Coconut for garnish

METHOD

1. In a large bowl, combine the shredded butternut squash, flours, eggs, minced cilantro, salt and pepper. Stir until the mixture is combined.
2. Coat the bottom of a large pan with coconut oil and place it over medium-high heat.
3. Once the oil is hot, scoop 2 tablespoon mounds of the mixture into the pan, pressing them lightly into rounds.
4. Cook the fritters for 2 to 3 minutes, then flip them once and cook an additional 2 minutes until golden brown and cooked throughout.
5. Transfer the fritters to the paper towel-lined plate and immediately sprinkle them with salt and desiccated coconut.

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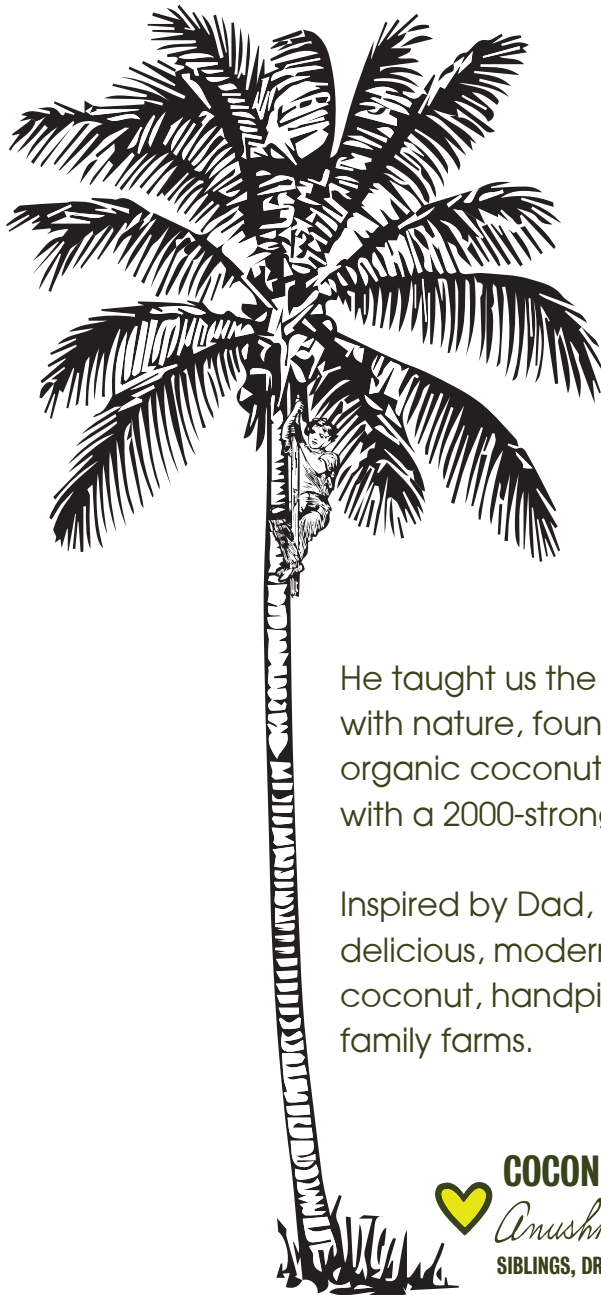
MIXING DRINKS

with coconut





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COCONUTS WITH LOVE

Anushka & Shamindra Rajjyah
SIBLINGS, DREAMERS & COCONUTTERS-IN-CHIEF

COCONUT MANGO SMOOTHIE



INGREDIENTS

1 large mango
180ml Cocomi Coconut Milk
2 tbsp plain yogurt
2 tbsp honey
4 ice cubes
Squeeze of fresh lime

METHOD

1. Place all ingredients in a blender and pulse until smooth and creamy.
2. Pour into a glass, garnish with a slice of mango and drink while cold.

COCONUT GREEN SMOOTHIE



INGREDIENTS

500ml Cocomi Coconut Water
1 tsp Cocomi Virgin Coconut Oil
50g of meat from one young coconut
1 whole banana
50g of green leaves (use what's in season – gotukola, spinach, kale or a combination)
2 tbsp treacle or honey
Squeeze of fresh lime

METHOD

1. Place all ingredients in a blender and pulse until smooth and creamy.
2. Pour in to tall glass and drink while cold.

COCOMI

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COCONUT AVOCADO BANANA SMOOTHIE



INGREDIENTS

2 small ripe bananas
½ ripe avocado
2 tbsp treacle or honey
1 tbsp Cocomi Virgin Coconut Oil
500ml Cocomi Coconut Water
6 ice cubes
Cocomi Desiccated Coconut to
garnish the rim of the glass

METHOD

1. Place all ingredients in a blender and pulse until smooth and creamy.
2. Rim the glass with a wedge of lime and dip rim in desiccated coconut till coated.
3. Pour into the glass and drink while cold.

COCONUT PASSION FRUIT COOLER



INGREDIENTS

2 passionfruits (pulp)
370ml Cocomi Coconut Water
25g of mint leaves
2 tbsp treacle or honey
1 tsp Cocomi Virgin Coconut Oil
6 cubes ice

METHOD

1. Place passionfruit pulp, coconut water, half of the mint leaves, coconut oil, ice and honey in a blender and pulse until smooth and creamy.
2. Pour into a glass, garnish with fresh mint and serve cold.

COCONUT LEMON DETOX



INGREDIENTS

250ml Cocomi Coconut Water
2 tbsp lemon juice
1 tsp honey or treacle
4 slices of fresh cucumber
2 slices of fresh lemon

METHOD

1. Mix all ingredients together.
2. Pour over ice and enjoy.

COCONUT NUTELLA BANANA SHAKE



INGREDIENTS

250ml Cocomi Coconut Milk
2 frozen bananas - sliced
3 tbsp Nutella
125g vanilla yogurt
1/4 tsp cinnamon
30g Cocomi Coconut Chips for garnish

METHOD

1. Place all ingredients in a blender and pulse until smooth and creamy.
2. Pour into a tall glass, garnish with coconut chips and enjoy.

ISLAND GIN COCKTAIL



INGREDIENTS

25ml gin
180ml Cocomi Coconut Water
6 slices of fresh cucumber
Large dash of Agave syrup
Juice of one lime
6 fresh mint leaves
6 ice cubes

METHOD

1. Muddle the cucumber and mint leaves.
2. Add ice along with rest of the ingredients and shake or stir well.
3. Pour contents in to a tall glass, garnish with cucumber and mint and serve immediately.

COCOMI SNOWBALL COCKTAIL



INGREDIENTS

25ml white rum
25ml Cocomi Coconut Cream
Dash of agave syrup
6 ice cubes
Cocomi Desiccated Coconut for garnish
Cocomi Coconut Chips for garnish

METHOD

1. Blend all ingredients together with ice until smooth.
2. Rim martini glass with a wedge of lime and dip rim into desiccated coconut.
3. Pour blended mixture into glass, sprinkle some coconut flakes to garnish.
4. Serve cold.

COCOMI ORANGE GINGER MOCKTAIL



INGREDIENTS

1 inch slice of fresh ginger - peeled
Agave syrup
Ice cubes
50ml Cocomi Coconut Water
Juice of one orange
Rind of fresh orange for garnish
Dash of soda

METHOD

1. Muddle ginger and agave syrup at the bottom of a shaker.
2. Add ice, coconut water, orange juice and shake well.
3. Pour in to a short glass and top up with a dash of soda and orange rind to garnish.

COCOMI WATERMELON MINT REFRESHER



INGREDIENTS

125ml Cocomi Coconut Water
500ml fresh watermelon juice
Fresh mint leaves
Mint sprig for garnish

METHOD

1. Cut watermelon into cubes.
2. Blend watermelon, a few mint leaves and coconut water.
3. Chill juice for a minimum of 2 hours before serving.
4. Add a mint sprig to a glass and pour the juice into the glass and serve cold.

