



### recipe 2: tomato and chicken curry— healthy and yummy

Serves: 4

Ingredients:

- > 2 tsp virgin coconut oil
- > 2 onions (chopped)
- > 3 crushed garlic (cloves)

- > 1 tbsp ginger root (chopped)
- > 1 tbsp red curry paste
- > 1 tbsp tomato paste
- > 500g boneless skinless chicken (thighs cut into strips)
- > 400ml coconut milk (reduced-fat) or skim milk
- > 500g tomatoes (peeled and chopped)
- > 2 tbsp thai fish sauce
- > ¼ cup coriander (chopped)
- > 1 tbsp coconut palm sugar crystals

Heat the oil in a large saucepan or pot and sauté

the onion, garlic and ginger gently until the onion is soft. Stir in the curry paste and tomato paste and cook for 2 minutes, stirring. Add the chicken and cook for 3 minutes until it's coated in the spice mix and almost cooked. Stir in the coconut milk/skim milk and bring to a boil. Reduce the heat and simmer for 15 minutes. Stir in the tomatoes, fish sauce, coriander and coconut palm sugar. Simmer for another 5 minutes. Serve it hot.

## nature's superfoods' organic coconut palm sugar

Nature's Superfoods' Organic Coconut Palm Sugar is 100% PURE coconut palm sugar that is certified organic (USDA and EU).

It's also free of additives/preservatives.

Nature's Superfoods brings this nutritious sweetener to your kitchen table directly from Central Java, Indonesia, where the trees are organically grown and the making of the sugar is a traditional cottage industry – the nectar of the coconut palm tree blossoms is manually collected, then boiled at controlled temperatures until the water evaporates and the sugar crystallizes.

500g & 1kg pack



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# organic coconut palm nectar sugar

100% unrefined & unbleached



A 100% natural healthy sweetener made from the sweet nectar of the coconut palm tree blossoms in Central Java. Not to be confused with the different varieties of palm, "coconut palm" specifically refers to the *cocos nucifera* plant.

The new favorite among health communities as a low-glycemic (GI) sugar substitute.

Higher nutritional value than all commercially available sweeteners.

Great-tasting from a culinary standpoint due to its rich, complex flavor with dark hints of caramel and butterscotch. Versatile with any recipe.

## health benefits

Coconut palm sugar is a rich source of potassium, magnesium, zinc and iron. In addition, it contains Vitamin B1, B2, B3, B6 and C.

When compared to brown sugar, coconut palm sugar has twice the iron, four times the magnesium and over 10 times the amount of zinc.

○ Supports weight control - naturally low on the Glycemic Index (GI 35) Low glycemic foods are important to health as they do not create rapid spikes in blood glucose levels. Increased blood glucose causes the pancreas to increase insulin and when insulin production becomes excessive, this can set the stage for diabetes mellitus, hypoglycemia, and insulin resistance.

When a high glycemic food is consumed, excess insulin is secreted and blood glucose levels drop lower over the next few hours than if a low glycemic food had been consumed. This explains why eating high glycemic foods contributes to weight gain and obesity since hunger returns sooner and one eats more with less overall satiety.

○ Diabetic-friendly - helps improve glucose and lipid levels in diabetics (type 1 and type 2) due to its low GI of 35.

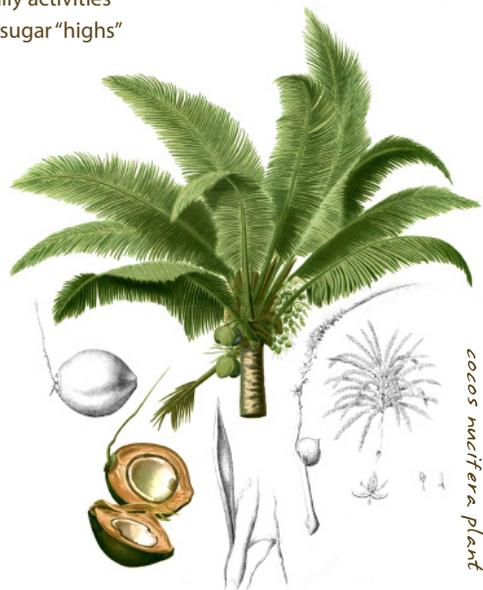
By comparison, most honeys are of GI 55 and cane sugars (including raw sugar or brown sugar) are of GI 64 and above.

Most of the "palm sugar" commonly sold in Asian markets is not pure coconut palm sugar but is blended with other cheaper fillers such as white cane sugar, which has a much higher glycemic index.

○ Provides a slow energy release, typical of a low GI food, which sustains the body through your daily activities without regular sugar "highs" and "lows".



○ Organic coconut palm sugar is gluten-free and is suitable for those with digestive disorders like celiac disease. Ideal for those allergic to dairy and wheat.



*Cocos nucifera plant*

## comparison of mineral content

Macro-nutrients (mg / 100gm)	Coconut Palm Sugar	Agave Syrup	Honey	Maple Syrup	Brown Sugar	Refined White Sugar
Nitrogen (N)	202	NA	NA	NA	10	0
Phosphorus (P)	79	7	4	2	3	0
Potassium (K)	1,030	1	52	234	65	2.5
Calcium (Ca)	8	1.5	6	67	24	6
Magnesium (Mg)	29	1	2	14	7	1
Sodium (Na)	45	1	4	9	2	1
Chloride (Cl)	470	NA	NA	NA	16	10
Sulfur (S)	26	NA	NA	NA	13	2
Boron (B)	0.6	NA	NA	NA	0	---
Zinc (Zn)	2	0.2	0.2	4.2	0.2	0.1
Manganese (Mn)	0.1	0.1	0.1	3.3	0.2	0
Iron (Fe)	2	1	0.4	1.2	1.26	0.1
Copper (Cu)	0.23	0.1	0	0.1	0	0
Thiamine (Vitamin B1)	0.41	0	0	0	0	0
Vitamin C	23.4	0.5	0.5	0	0	0

Unfortunately the most common sugar all over the world now is refined white sugar. This has been chemically treated with sulphur dioxide, lime, phosphoric acid, and bleaching agents. It is stripped of all its natural goodness and consists of pure carbohydrates (99.5% sucrose) which give the body empty calories.

Sources: COMPARISON OF THE ELEMENTAL CONTENT OF 3 SOURCES OF EDIBLE SUGAR - Analyzed by PCA-TAL, Sept. 11, 2000. (MI Secretaria et al, 2003) in parts per million (ppm or mg/li). [www.nutritiondata.com](http://www.nutritiondata.com)

### Useful Tip

If you want to avoid refined sugars, make it a point to read labels and avoid products made with white sugar, corn syrup, high fructose corn syrup, sucrose, dextrose, and fructose. Also look out for artificial sweeteners, avoid them.

## quick 'n easy coconut palm sugar recipes

Use super-versatile coconut palm sugar as a 1:1 replacement for regular cane sugar in smoothies, hot/cold beverages, cooking and baking! It tastes very much like brown sugar, has a wonderful caramel-like flavour as well as the crystal-like consistency of granulated sugar.

### recipe 1: coconut melon smoothie

Serves: 2 to 4

Ingredients:

- > 16 ounces honey-dew melon, seeded, peeled and diced
- > 1/3 cup coconut milk or coconut ice cream, quantity as desired
- > 1 1/2 cups crushed ice
- > 2 tablespoons organic coconut palm sugar
- > Pinch of salt

Place melon, coconut milk, ice,



sugar and salt in the blender and blend until smooth.