

## Martin's Energy Bars

### Ingredients (to make 4 bars)

100mls niulife coconut oil  
4 squares Lindt Excellence Cremoso  
Chocolate bar  
Almonds and Peanuts (unsalted )  
Sultanas, Cranberries and Goji berries  
(dried)

The chocolate is really there for flavour  
so you can use as much or as little as  
you like (and any brand of chocolate  
will do). With the nuts and fruit you can  
use whatever you like - the bar is also  
great without the fruit and nuts.

### Method

1. Melt 100ml coconut oil and 4 squares  
of chocolate in stainless steel bowl  
over hot (about 50°C) water and mix  
well.
2. Place the fruit and nuts into 4 plastic  
containers 6cm x 9cm. Use whatever  
amounts you like but the oil and  
chocolate should almost cover the fruit  
and nut mix or the bar will fall apart.
3. Pour one quarter of the oil and  
chocolate mix (about 30 ml) over the  
top.
4. Put in the freezer briefly to cool. They  
should come out of the containers after  
about 15 minutes and then be stored in  
the fridge.
5. Put a padlock on the fridge to keep the  
kids out!
6. (NB The freezer is used because if the  
bars don't go solid fast enough the oil  
and chocolate begin to separate and  
they don't look so good - but they still  
taste fine).

## Coconut Ice

### Ingredients

4 cups icing sugar  
2 cups desiccated coconut  
4 slightly beaten egg whites  
1 cup melted coconut oil  
vanilla (to taste)  
red food colouring

### Method

1. Place icing sugar, coconut, vanilla and egg  
whites in bowl. Add melted coconut oil and  
mix.
2. Press half into a baking paper lined tray,  
colour remaining half and press on top.  
Refrigerate.
3. When cool cut into squares.



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## Coconut Oil Recipes

### Coconut Broth with Prawns

*As served at the wedding of Prince  
Frederick and Princess Mary of  
Denmark*

### Ingredients

PRAWNS  
18 prawns shelled and de-veined

BROTH:  
400ml coconut milk  
50g fish trimmings, flesh only  
100g eschalots, peeled and halved  
1 lime leaf  
400ml fish stock  
100g coconut milk powder  
50g butter

LIME SYRUP  
1 lime zested and juiced  
50ml water  
50g sugar

SPICE MIX  
1 tsp chilli flakes  
1 tsp ground ginger  
1 tsp garlic powder  
1 tsp coriander seeds, ground  
1 tsp ground lemon myrtle

GARNISH  
Fresh coriander (optional)

## Method

1. **BROTH:** Melt butter in a pot and add eschalots and cook fish trimmings on low heat, add fish stock, coconut milk and powder and lime leaf before the fish colours, and bring to the boil. Simmer for 10 mins; take off the heat and leave to infuse for one hour. Remove the lime leaf, blend and strain through a fine strainer and set aside
2. **LIME SYRUP:** Peel skin off the lime. Using a sharp knife remove the white pith, and julienne. Blanch in a little bit of boiling water, to remove bitter taste. Mix together sugar, water, lime juice and lime zest and boil until sugar dissolves.
3. **SPICE MIX:** Combine spices together.
4. **TO SERVE:** Dice prawns, heat broth and lightly poach diced prawns for 30 seconds. Do not overcook. Place ground spice mix in the middle of a bowl with 3 prawns on top, and pour broth over. To garnish, remove some lime zest from syrup and place on prawns; drizzle with a little syrup. (optional garnish: coriander).

## The Easiest, Healthiest, Most Scrumptious Fudge Ever

### Ingredients

- 1/2 cup of virgin coconut oil
- 1/2 cup of cocoa powder
- 1/2 cup of coconut/palm sugar (the paste-like kind)
- dash of sea salt
- 1/2 teaspoon vanilla

### Method

1. In a heat-resistant glass measuring cup (Pyrex), place the coconut oil. Fill

a small saucepan with a few inches of water, and place the glass measuring cup in it. Heat on the stove top until the coconut oil is mostly melted (the coconut oil should be room temperature, not hot. This will protect its raw benefits).

2. In a food processor using the regular blade, add the melted coconut oil and the rest of the ingredients and mix until well combined.
3. Place enough plastic wrap or parchment paper in a loaf pan to cover the bottom and sides of the pan. Scrape your fudge "dough" into the loaf pan, and fold the plastic wrap or parchment paper over the top of the fudge. Gently press down to even out the thickness of the fudge to about 1/2 inch. It will probably cover about 1/2 of the bottom of your loaf pan. Take out the fudge, carefully wrapped up, and place in the freezer or refrigerator until it has set. In the freezer it only takes about 20 to 30 minutes.
4. Cut into small squares, and enjoy!

## White Christmas

### Ingredients

- 1 cup Niulife coconut oil
- 1 cup Rice Bubbles
- 1 cup full cream milk powder
- 1 cup icing sugar
- 1 cup desiccated coconut
- 60g glace red cherries
- 60g glace green cherries
- 100G glace ginger

### Method

1. Melt coconut oil
2. Combine in a bowl Rice Bubbles, powdered milk, coconut, icing sugar, chopped fruits & mix well.
3. Pour in coconut oil, stir with fork until well combined.



4. Pour mixture into 28cm x 18cm (11in x 7in) lamington tin lined with baking paper and press down with fork.
5. Store in refrigerator  
(Note: Traditionally White Christmas is made with Copha which is hydrogenated coconut oil that has been Refined, Bleached and Deodorized (RBD). This process leaves it tasteless. Our recipe gives a slightly oily texture and melts at a lower temperature than if copha had been used. Hydrogenation raises the melting point of any oil and is completely unnatural. Keep refrigerated until ready to eat).

## Ricotta and coconut torte

### Ingredients

- 1kg fresh ricotta
- 65g coconut flour
- 165g caster sugar
- 1 tsp vanilla essence
- 1 tbsp unsalted butter
- 15g coconut flour
- 2 tbsp arrowroot
- 2 tsp ground cardamom
- 4 tbsp rosewater
- 100ml cream



### Method

1. In a bowl, combine the ricotta, coconut flour, sugar and vanilla and refrigerate for half an hour.
2. Meanwhile, grease a 20cm cake tin with the butter and dust with the 15g of coconut flour. Preheat oven to 165C.
3. Remove the ricotta mixture from the refrigerator and mix in the rest of the ingredients.
4. Spoon the mixture into the cake tin, smoothing the surface with a spatula.
5. Bake for 50 minutes.
6. Cool the cake in the pan before removing it.
7. Serve with sprinkled brown sugar or caramelised sugar shards