



Coconut juice

a ready to serve beverage

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Coconut milk is the oil-protein –water emulsion obtained by squeezing fresh grated coconut kernel. It can be obtained by manual or mechanical extraction of comminuted coconut meat with water.

Coconut juice is a popular choice of vegans and makes a good base for smoothies, milkshakes or can be used as a dairy alternative in baking which is prepared with the base of coconut milk. Coconut milk is the oil-protein –water emulsion obtained by squeezing fresh grated coconut kernel. It can be obtained by manual or mechanical extraction of comminuted coconut meat with water. The composition of coconut milk depends on the amount of water used for the extraction, Freshly extracted coconut milk has a pH of 6.

Coconut milk can be processed as a nutritional health beverage

with varying flavours according to consumer acceptability. Unlike cow's milk, coconut milk is lactose free and can be used as a milk substitute by people with lactose intolerance.

A technology for processing flavoured coconut juice is developed by CDB Institute of Technology. Fresh green nuts with 9-10 months maturity are suitable for processing flavoured milk. The milk extracted from young fresh nut is thick and is less in fat content. The fresh nut water is mixed with the extracted juice so as to enrich the nutrient contents. Consistency is made in such a way to get acceptance as a ready to drink

Nutritional values of Flavoured Coconut Juice	
Parameters	Flavored coconut milk
Energy Value (per 100 ml)	75 Kcal
Total fat	1- 3%
Cholesterol	Nil
Total Carbohydrates	15-16%
Total minerals	0.39-0.42%
Protein	1-1.2%

(Data generated at CDB lab)

beverage. An average yield of 800 – 1000 ml flavoured coconut juice can be obtained from one nut.

Coconut milk- nutritional highlights

Flavoured coconut juice contain fat mostly in the form of Medium Chain Saturated Fatty Acids (MCFAs) of which 50% is contributed by lauric acid. Lauric acid is converted in the body into a highly beneficial compound called monolaurin, an antiviral and antibacterial property that destroys a wide variety of disease causing organisms. It is therefore now accepted that consumption of coconut juice may help protect the body from infections and viruses. Milk fat is composed of Medium-chain triglycerides of saturated fatty acids that are not available in many types of food. MCFAs are rapidly metabolised into energy in the liver. Unlike other saturated fats, MCFAs are used by the body more quickly and are less likely to be stored as fat.

Flavoured coconut juice is a source of antioxidants like Vitamin E and Vitamin C which can help to reduce free radical activity within human body. It also provides vitamin A,K&D in small amounts. One of the benefits of coconut juice is its antimicrobial properties, including antiviral, antibacterial, and anti-fungal elements to boost the body's immune system. Milk Juice is a rich source of minerals like Sodium, Potassium, Magnesium, Phosphorous, Iron, Copper and Calcium. Flavoured coconut juice consists of naturally occurring bioactive enzymes such as acid phosphatase, catalase, dehydrogenase, diastase, peroxidase, RNA-polymerases etc. In effect, these enzymes help in the digestion and metabolism.

Flavoured coconut juice is a wholesome and nutritious drink. It can be considered as a functional food since it provides additional health benefits apart from nutritional constituents. Coconut Juice offers hope for coconut farmers since coconuts can be effectively utilized for producing coconut milk. As the yield per nut is high, this product has high potential for commercialization also. ■

Coconut Milk- the miracle liquid



With its creamy texture and slight natural sweetness, coconut milk is often considered a “miracle liquid” since coconut milk nutrition offers great ability to build up the body's immune defenses and prevent disease. Coconut milk, along with coconut oil and coconut water are among the world's healthiest foods.

What exactly is coconut milk, and how is it made? Coconut milk isn't actually “milk” at all (in the sense that you normally think of it) — it's a liquid naturally found inside mature coconuts, stored within coconut “meat.” When you crack open a fresh coconut, the milky white substance that leaks out is natural coconut water, but when you blend coconut meat and then strain it, the result in a thicker coconut “milk.”

How do the two differ? As a coconut matures, more of the water inside is replaced with coconut meat, so mature coconuts tend to be better producers of coconut milk, while younger coconuts (around five–seven months) are the best producers of coconut water. Coconut water is higher in sugar and certain electrolytes, while coconut milk is higher in healthy saturated fatty acids and calories.

In addition to providing nutrients and its awesome taste, coconut milk contains beneficial fat called lauric acid, a medium-chain fatty acid that's easily absorbed and used by the body for energy. Coconuts' fatty acids are primarily saturated fats, which will not raise cholesterol levels and cause heart damage. Instead, they're known to actually do the opposite — coconut milk can help lower cholesterol levels, improve blood pressure and prevent heart attacks or stroke.

Full-fat coconut milk contains all natural fatty acids, while “light” coconut milks are strained to remove some of the fat, which creates a thinner, lower-calorie milk. Because coconut milk is completely free from dairy, lactose, soy, nuts or grains, it's a good option for anyone allergic to dairy and nut- or grain-based milks, plus it's vegan and good for plant-based eaters.

Source: Dr.Axe.com