

Cocopure[™] COCONUT BUTTERS
IDEAS &
RECIPES



Superfoods with a super taste.



We regularly ask customers to sample our Coconut Butters at local markets in Sydney. After the first taste people usually comment on how unusual and tasty they are. As you can imagine the chocolate butter is a crowd stopper and our biggest seller. Especially when they hear that it is a healthy, dairy free, and unprocessed.

The questions that usually follow are **"How do I use them?"** and **"How do I store them?"**

Our coconut butters contain no firming agents, thickeners, food acids or emulsifiers of any kind. Just raw, pure ingredients. This means that in the warmer months a natural separation can occur as the coconut oil liquefies. (Over 25°C). When you first open your coconut butter we recommend giving it a good stir and then storing in a cool place or in your refrigerator.

Remove the jar from the fridge 5 minutes before using and your butter will have a nice thick texture, ready to spread, carve, wedge or just eat by the spoonful.

During colder months there is no need for refrigeration.

We hope you enjoy the following ideas and recipes. If you have any creative ideas or recipes of your own we would love to add them to this book. Contact info@cocopure.com.au



Sweet, soft and creamy RAW CASHEW FUDGE

Ingredients

1 Jar of Cocopure Coconut Cashew Butter

5 Medjool Dates (Or figs if preferred.)

50g of cashew nuts (crushed)

Small chocolate mold or mini-muffin tray.

Slice each date into 4 pieces and place in the bottom of each mold.

Add a small amount of crushed cashews on top of the dates.

Gently warm jar of coconut cashew butter and spoon into mold.

Place into freezer to set. To serve, remove from freezer and sit at room temperature for 5 mins.



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A breakfast for abundant energy

ROYAL FRUIT PLATTER

Ingredients

3 spoonfuls of Cocopure Coconut Cashew or Vanilla Butter
Selection of fruit. eg Bananas, Watermelon, Pineapple,
Rockmelon and Medjool Dates.

*Roughly cut pineapple, watermelon and rockmelon into large bite size pieces.
Slice bananas and place in the bottom of your serving dish. (This lets the banana
soak up all the juice from the fruits on top).
Add pineapple, watermelon and rockmelon. Slice dates and decorate on top.
Remove Coconut Butter from the fridge and let stands for 5 minutes to allow it to
soften slightly. Use a spoon to carve wedges from the jar and place on top of fruit.*

*Adding coconut butter to fruit dishes makes for a more filling meal and gives extra energy to
keep you going longer. An especially delicious breakfast.*



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A quick raw snack

EASTERN SWEET MEATS*

Ingredients

1 spoonful of Cocopure Coconut Cashew

1 Medjool Date

So simple it's hardly a recipe. Split the date. Spoon in the cashew butter. Delicious. If you really want to complete the experience, serve with Moroccan mint tea.

**Medjool dates are from California but they still conjure up dreamy food images from North Africa and the Middle East.*



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The 'healthy chocolate' lunch BAKERS '*Cacao*' DELIGHT

Ingredients

2 spoonfuls of Cocopure Coconut Chocolate Butter

1 Thick slice of crusty bread. Perfect with Sourdough

Slice bread at least one inch thick and spread with two spoonfuls of Coconut Chocolate Butter. (or forget two spoonfuls and add as much as you like).

For the genuine chocolate lover: Serve with a warm cup of Cocopure Cacao Sipping Chocolate. We recommend the Aztec Warrior blend. Mildly hot and spicy.



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Majestic BREAD & CASHEW

Ingredients

2 spoonfuls of Cocopure Coconut Cashew Butter

1 Thick slice of crusty bread. Perfect with Sourdough

Slice bread at least one inch thick and spread with two spoonfuls of Coconut Cashew Butter.

A morning tea favourite with our children.



Vanilla Butter topped COCONUT COOKIES

Ingredients

2 spoonfuls of Cocopure Coconut Vanilla Butter
Cookies, cake or muffins of your choice.

Spread thickly.

*Photo: Health cookies made with coconut flour and coconut oil.
Full recipe available on our website. www.cocopure.com.au*



