

Introduction

Overview

Coconut milk is an opaque, milky-white liquid extracted from the grated pulp of mature coconuts. The opacity and rich taste of coconut milk are due to its high oil content, most of which is saturated fat. Commercially processed coconut milk products use largely the same processes to extract coconut milk from pulp, though they use more mechanical equipment like deshelling machines, grinders and pulverizers, motorized coconut shredders, and coconut milk extractors.

Purpose

Coconut milk may be a good source of energy which contain medium chain fatty acid in coconut milk may be directly funneled to the liver and converted to energy. This may provide an instant source of energy. This energy burst may have a stimulating effect on the entire body. However, more studies are required to check whether coconut milk is a good energy source. Coconut milk is an ingredient many people buy for one recipe but end up wasting the rest. The remainder is likely ignored in the fridge until it expires and is tossed. However, coconut milk can become a standing item on your shopping list.

Result

Coconut milk contains 230 calories per 100 milliliters (ml), 68% water, 24% total fat, 6% carbohydrates and 2% protein (see table). The fat composition contains 21 grams of saturated fat, half of which is lauric acid.



Advantages

It may enhance the metabolism.

It may improve digestion.

It may protect against viral infections. ...

It may protect against fungal infection.

It may fight against bacteria.

It may be an antioxidant.

It may protect against cancer.

Disadvantages

Weight gain.

Constipation.

High cholesterol.

Allergic effects.

Application

Cereal: Try replacing dairy milk with coconut milk.

Smoothies: Use coconut milk in any smoothie or try this recipe for a healthy coconut milk smoothie.

Soups: Use coconut milk as a base for any creamy soup, such as Tom Kha, a Thai coconut soup.

Oatmeal: Use coconut milk as the liquid in oatmeal.

Conclusion

Due to factors like pasteurization and minimal contact with oxygen, processed coconut milk generally has a longer shelf life than traditionally prepared coconut milk. It is also more efficient than traditional methods at extracting the maximum amount of coconut milk from grated coconut.