



BROWNIES

(w/ 25% cocoflour)

Ingredients:

1 cup butter
1/4 cup coconut flour
2 cups sugar
1/2 tablespoon baking soda
6 pieces eggs
1/2 teaspoon salt
1 teaspoon vanilla
1 cup cocoa
3/4 cup all purpose flour
1 cup chopped nuts

Procedure:

1. Cream butter, then add sugar gradually.
2. Add eggs one at a time mixing well after each addition. Mix in vanilla.
3. In another bowl, mix together all purpose flour, coconut flour, baking soda, salt and cocoa.
4. Add flour mixture to the creamed butter and mix until well blended. Add 1/8 cup of chopped nuts.
5. Pour into greased pan. Smoothen surface with a rubber scraper and top with the remaining nuts.
6. Bake for 350°F for about 15 minutes.

Yield: 36 brownies



CHOCOLATE CHIP SAPAL COOKIES

Ingredients:

2/3 cup sifted all purpose flour
1 teaspoon cinnamon
1/8 teaspoon nutmeg
1/2 teaspoon baking soda
1/2 cup margarine
1/2 cup granulated sugar
1/4 cup firmly packed brown sugar
1 piece egg
1 teaspoon vanilla
1 cup chocolate chips
1 cup toasted sapal

Procedure:

1. Sift together flour, cinnamon, nutmeg and baking soda. Set aside.
2. Cream shortening, sugar, egg and vanilla until smooth and well-blended. Blend in dry ingredients, stir in chocolate chips and sepal.
3. Drop by teaspoonful, 2 inches apart, into greased baking sheets.
4. Bake in preheated oven at 350°F for 10 to 15 minutes or until cookies are lightly browned.

Yield: 3 dozen cookies



COCO PAN DE SAL

Ingredients:

2700 grams Bread Flour
300 grams Coco Flour
1860 grams Water
300 grams Lard
45 grams Salt
600 grams Sugar
40 grams Yeast
Dough Requirements
Weight of dough 5810 grams
Weight of 1 pc of Coco Pan de Sal 20 grams

Procedure:

1. Mix all dry ingredients in a mechanical mixer.
2. Add water gradually.
3. Mix for 15 minutes in dough mixer.
4. Ferment dough for 20 minutes. To prevent moisture loss and to maintain ideal dough temperature cover with plastic or until the dough/baston does not spring back when pressed.
5. Baston and proof for another 15 minutes.
6. Proof for another 45 minutes before baking.
7. Bake in a pre heated oven (350°F) for 8 minutes.

Yield: 295 pieces

In cooperation with Palma's Bakeshoppe
Quezon City



COCONUT DELIGHT

Ingredients:

1 kilo coconut stripe (8-month old coconut)
1 cup sugar
1 tablespoon lemon juice
Food coloring
Pandan leaves

Procedure:

1. Mix coconut stripe and sugar.
2. Set aside for about one hour to allow sugar to melt.
3. Cook over low fire.
4. Stir constantly.
5. Add pandan leaves and lemon juice.
6. Add food coloring.
7. Remove from fire when the mixture is thick and almost dry.
8. Place in a platter to let it cool and avoid sticking.
9. Weigh, pack and seal.

Source: PCA Region XII, Gen. Santos City



MACAROONS

Ingredients:

1 can condensed milk
3 pcs eggs, well beaten
¼ cup butter, melted
½ cup sugar
½ cup all purpose flour
2 cups desiccated coconut
1 tsp vanilla
2 tsp baking powder
100 pcs 1 oz. paper cups

Procedure:

1. Mix together all ingredients until well blended.
2. Pour mixture into paper bake cups. Fill up only to $\frac{1}{2}$ full of the paper cup to avoid overflow during baking.
3. Place on baking sheet and bake in pre-heated oven (350°C) for 15 to 20 minutes

Yield: 100 pcs

Cost: P0.75 to P1.00/piece

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Coconut Recipes



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