

COVID Coco Gello

(This tastes great during grey weather)

Ingredients:

5 c. boiling water

1 can Western Family premium coconut milk (full fat)

5 T. Bovine or Porcine Gelatin (bulk foods or packets)

5 T. Regular Stevia (granulated)

1/3 c. canned mandarin orange pieces (canned in fruit juice) drained

1/3 c. unsweetened coconut (no sugar added)

16-20 T. Coconut Whipped Cream (So Delicious Coco whip, available in the natural ice cream section at Save-On-Foods.)

Instructions:

- Boil water, pour into large bowl. Dissolve gelatin one tablespoon at a time in hot water. Dissolve stevia. Add can of coconut milk. Stir.
- Refrigerate for 2-5 hrs. A white coconut fat layer will separate.
- Add layer of unsweetened coconut over top.
- Add layer of Coco whip
- Add mandarin orange pieces as garnish.
- Chill and serve, or eat one serving a day to help increase your collagen levels.

All these ingredients are available at Save-On-Foods.

*Note: Porcine Gelatin is what Jello is traditionally made from, but this dish is made without food colouring or sugar. It is sweetened with stevia which is crystalized like sugar, and very sweet (derived from an herb). This is great for Diabetics (if necessary just omit mandarin oranges.)

Low carb

Low sugar

Rich in protein

Keto friendly

Gluten-free

Coconut-happy!

Nutrition Facts (per serving)

1 serving is 1/8 portion

Calories: 188 kcals

Fat: 14.3 g

Protein: 5.8 g

Sugar: 1.4 g (from coconut) 4.2 g with mandarin oranges incl

Note: sweetened (with sugar) dried coconut contains 34 g sugar per cup

use unsweetened dried or fresh coconut instead.

Benefits of coconut:

The MCTs and fiber in coconut meat may benefit weight loss, heart health, digestion, brain health, blood sugar levels, and immunity.

Eating coconut meat may have other benefits, including the following:

May stabilize blood sugar. This fruit may lower your fasting blood sugar and alter your gut bacteria to aid blood sugar control.

May improve immunity. Manganese and antioxidants in coconut may help boost your immune system and reduce inflammation. This fruit's MCTs may also have antiviral, antifungal, and tumor-suppressing properties.

May benefit your brain. The MCTs in coconut oil provide an alternative fuel source to glucose, which may aid people with impaired memory or brain function, such as those with Alzheimer's disease.

Read more . . . <https://www.healthline.com/nutrition/coconut-meat#benefits>

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<http://eatingbytherainbow.com/covid-recipe>