



**RECIPE  
BOOK**

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niulife 

## AND YOU MAKE THIS POSSIBLE.

We want to personally thank you for helping us change the lives of thousands of people living in some of the world's poorest remote coastal communities.

Thanks to you, they now have the opportunity to enjoy a brighter future and brand new life.

You may not realise it, but our mission for erasing poverty didn't start out in a boardroom. It began in 1976 on a remote island where orchids grew on coconut trees and people were hungry for change.

Back then Virgin Coconut Oil (VCO) was unknown in Australia and around the world. It's because of what we've done over the years that it's become an industry.

In those days (and even now) coconut oils were mass produced in factories with very little money going back to the farmers growing the nuts. It was hard back-breaking work for almost no return.

## WHEN OUR FOUNDER, DR DAN, INVENTED THE DME® COCONUT OIL PRESS AND PROCESS IN 1994 HE CHANGED THE GAME FOREVER.

Our Niulife DME® (Direct Micro Expelling) process enables villagers living in cash-poor, remote island communities to hand-make one of the world's freshest virgin coconut oils within an hour of opening the coconut without the need to leave their village.

The DME® process is easy enough for women, youth and even the disabled to use, plus generates a whole micro-economy of jobs and opportunities for everyone in the community.

From the farmers who pay their kindly fees in coconuts, to the local transport driver who delivers the DME® oil and goods from other small village businesses to the outside world, thanks to DME® everyone in the village can enjoy a better quality of life. But it doesn't stop here!

Not only are we on the ground in the communities driving social change, we give 100% of the profits from the sale of ALL Niulife products back to the villages via our DME® VillageForLife™ Empowerment programs.

These programs equip locals with all the tools they need to set up and sustain their own independent thriving local economy.

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## OUR COCONUT OIL IS THE ONLY ONE THAT PROVIDES COMMUNITIES WITH OVER 5 TIMES THE INCOME THEY WOULD GET FROM MAKING COPRA FOR OVERSEAS FACTORIES.

With many cheaper factory-made coconut oils flooding the world market, the biggest issue right now is **our villagers are relying on us to sell over 10,000 litres of oil every month.**

Whilst that is a lot of oil, it's only a drop in the ocean given Australia's appetite for this delicious elixir of life!

**We invite you to help share our story that this is the oil that's changing lives.** Together we can make a difference and you make this possible.

Thank you tumas!



Castaly Lombe,  
General Manager, Kokonut Pacific

## WE GIVE IT ALL BACK & WE GIVE IT BACK FIRST.











# BLUEBERRY MUFFINS

MAKES 12 MUFFINS

## INGREDIENTS

- 1/2 cup sifted Niulife Coconut Flour
- 4 tablespoons Niulife Extra Virgin Coconut Oil or butter, melted
- 6 eggs
- 4 tablespoons coconut milk or whole milk
- 6 tablespoons honey
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon vanilla
- 1 cup of fresh blueberries
- 1/4 teaspoon almond extract

## METHOD

1. In a bowl, mix together eggs, coconut oil (or butter), coconut milk, honey, salt, blueberries, almond extract and vanilla.
2. Combine coconut flour with baking powder and thoroughly mix into batter until there are no lumps.
3. Fill muffin cups lined with muffin paper halfway with batter.
4. Bake at 205°C (400°F) for 15 minutes.

# GINGERBREAD BISCUITS

MAKES 32 BISCUITS

## INGREDIENTS

- 1/3 cup Niulife Extra Virgin Coconut Oil or butter, melted
- 3/4 cup Niulife Coconut Sugar or brown sugar
- 6 eggs
- 1 teaspoon ground ginger
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 cup Niulife Coconut Syrup or honey
- 3/4 cup sifted Niulife Coconut Flour
- 1/4 teaspoon ground clove

## METHOD

1. Mix together eggs, butter, salt, syrup, sugar, and spices.
2. Stir in coconut flour and mix thoroughly. Batter will thicken slightly as the flour absorbs moisture.
3. Drop batter by spoonfuls onto greased biscuit tray.
4. Bake at 205°C (400°F) for 12-14 minutes.

# COCONUTTY GRANOLA

## INGREDIENTS

- 1 cup hulled buckwheat
- 1 cup pepitas (pumpkin seeds)
- 1 cup Niulife Shredded Coconut
- 2 cups Niulife Flaked Coconut
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1/2 teaspoon ground nutmeg
- 1/4 cup Niulife Coconut Syrup
- 1/2 cup Niulife Coconut Oil
- 1/2 cup Niulife Creamed Coconut
- 2 tablespoons Niulife Coconut Flour

## METHOD

1. Preheat oven to 160°C (400°F)
2. In a large saucepan on low heat, melt the oil and creamed coconut, mixing & mashing up lumps with a wooden spoon.
3. When liquid, add spices, coconut flour, coconut syrup and mix in well.
4. Add the seeds and coconut (shredded and flaked) and mix thoroughly, making sure all the liquid and spices are evenly coated.
5. In a large baking tray, spread the mixture out evenly and bake for around 10-15 minutes or until golden brown.

# COCONUT CHICKEN SALAD

## INGREDIENTS

500g of diced chicken thigh or breast  
2 tablespoons of Niulife Extra Virgin Coconut Oil  
Niulife Shredded Coconut  
Mixed salad greens  
Crushed nuts (cashews or almonds - which can be roasted beside the chicken)  
Niulife Coconut Amino Sauce or Niulife Balsamic Coconut Vinegar and chili sauce to taste (all optional)

## METHOD

1. Fry diced chicken thigh or breast in 2 tablespoons of coconut oil.
2. Add coconut amino sauce or balsamic coconut vinegar and chili sauce to taste.
3. Serve warm on a bed of mixed salad greens and sprinkle with a seed mix, a few crushed nuts and some shredded coconut.

# THAI PRAWNS

## INGREDIENTS

250 grams large prawns, peeled and deveined with tails left on  
1 egg  
2 cups Niulife Desiccated Coconut  
3/4 cup wheat flour  
3/4 cup water  
2 tablespoons Niulife Coconut Amino Sauce (or Tamari)  
1/2 teaspoon onion powder  
1/2 teaspoon salt  
1/8 teaspoon Pepper  
Niulife Extra Virgin Coconut Oil

## METHOD

1. Mix together wheat flour, water, Amino sauce, egg, onion powder, salt and pepper.
2. Heat coconut oil in a deep frying pan, to about 160°C.
3. Pick out each prawn, one at a time, by the tail and dip in the batter, then coat evenly with desiccated coconut.
4. Deep fry the prawn in the hot oil until golden brown, about three to four minutes.
5. Remove and place on a paper towel. Several prawns can be cooked at the same time depending on the size of the pan.
6. Season to taste. Goes well with chutney salsa or chili sauce.

# COCONUT FRIED FISH

## INGREDIENTS

4 fish fillets  
1/3 cup sifted Niulife Coconut Flour  
1 teaspoon paprika  
1 teaspoon salt  
1/4 teaspoon lemon pepper

## METHOD

1. Niulife Extra Virgin Coconut Oil for frying.
2. Heat coconut oil 5mm deep in frying pan until a drop of water sizzles.
3. Combine flour, paprika, pepper, and salt in a paper or plastic bag; add one fish fillet at a time and shake.
4. When all fillets are prepared place them in the pan.
5. Brown one side; turn with tongs. When lightly browned, reduce heat. Cook until flesh flakes.













# COCONUT FLOUR PANCAKES

Makes 16 pancakes

## INGREDIENTS

4 eggs  
1/4 cup Niulife Extra Virgin Coconut Oil or butter, melted  
1/4 cup coconut milk or whole milk  
1/4 cup sifted Niulife Coconut Flour  
2 teaspoons Niulife Coconut Sugar  
1/4 teaspoon baking Powder  
1/4 teaspoon salt

## METHOD

1. Mix together eggs, oil, coconut milk, sugar and salt.
2. Combine coconut flour and baking powder and thoroughly mix into batter.
3. Heat 1 tablespoon of coconut oil in a frying pan.
4. Spoon batter onto hot pan making pancakes about 7-8cm in diameter. Batter will be thick but will flatten out when cooking.
5. Serve with a sprinkle of coconut sugar, fresh fruit or Niulife Coconut Syrup.

# RASPBERRY COCONUT SLICE

## INGREDIENTS

BASE  
3/4 cup plain flour  
2 tablespoons Niulife Coconut Sugar  
1 egg  
1/4 cup self-raising flour  
90g Niulife Coconut Oil  
1/2 cup raspberry or other jam

## TOPPING

1 egg  
1 1/4 cups Niulife Desiccated Coconut  
2 tablespoons Niulife Coconut Sugar

## METHOD

### BASE

1. Combine dry ingredients in a basin, rub in oil, mix to a soft dough with lightly beaten egg. This can be done in a food processor.
2. Press dough evenly over a lined 28 x 18 cm lamington tray.
3. Spread evenly with jam then with topping.
4. Bake in moderate oven 25 to 30 minutes until golden brown.
5. Stand 5 minutes on a wire rack to cool.
6. Cut into squares.

### TOPPING

1. Beat egg and sugar together with a fork.
2. Mix in desiccated coconut.

# COCONUT BANANA SMOOTHIE

## INGREDIENTS

Ripe banana  
1 cup of rice  
2 generous pinches cinnamon  
1/2 tablespoon Niulife Coconut Syrup  
1 tablespoon Niulife Creamed Coconut  
2 tablespoons chia seed soaked in a cup of water

## METHOD

1. Combine the chia with a cup of water, giving the seeds a good stir with a fork.
2. Whilst the chia is soaking up the water, assemble and combine all other ingredients in your blender or whisk-mix machine.
3. Add chia and blitz into a great energy and hydrating start for a busy day.







**NIULIFE DME® EXTRA VIRGIN COCONUT OIL IS THE ONLY AUSTRALIAN OWNED, CERTIFIED ORGANIC COCONUT OIL THAT GIVES 100% OF THE PROFITS DIRECTLY BACK TO THE VILLAGE COMMUNITIES THAT MAKE THE OIL.**

Handmade in the pristine Solomon Islands, locally-grown, certified organic coconuts are hand pressed within one hour of opening the nut using our unique DME® coconut press, then triple filtered to ensure that only the purest oil makes it into your jar.

We pay the villagers first **before** we sell the oil. Plus we give back all the profits so they can enjoy a better quality of life

**AND YOU MAKE THIS POSSIBLE.**



niulife 

100% OF PROFITS FROM ALL NIULIFE  
PRODUCTS GO TOWARDS ERASING POVERTY,  
BRINGING HOPE AND EMPOWERING LIVES.

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[niulife.com.au](http://niulife.com.au) #wegiveitallback #realvillagepeople   

