Coconut Sugar Cake

Serving
12

Prep
15 Minutes

Cook
30 Minutes

Contributer
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2 cups	Grated coconut
3/4 cup	Sugar
1 tsp	Vanilla extract (optional)
Few drops	Food colouring (optional)

DIETITIAN'S MESSAGE

Can anything say Caribbean more than coconut? Also, despite its name, this sweet treat is a candy, not cake. Enjoy it moderation!

1. Grease baking tray or line tray with parchment paper.
2. Heat an iron pot on medium and place ingredients. Add 1 cup of water. Bring to a boil.
3. Stir until ingredients thicken. The mixture should begin to pull away from the sides of the pot after about 12–15 minutes. As the sugar starts to crystallize, it should appear white in colour and grainy in texture at sides of pot and on spoon.
4. Add small amount of food colouring if desired and mix well.
5. Quickly turn heat off and start scooping out mixture of desired size onto tray.
6. Let cool and harden completely before serving.

Variation

Traditionally, around 1.5 cups of sugar are used in this recipe.

Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

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CCNV
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