

YOUNG GREEN COCONUTS – PLU 4261



Description/Taste

Young green coconuts are harvested before developing the characteristic brown, fibrous outer shell and inner white pulp. Young green coconuts have a smooth, green, and very hard outer shell. Young green coconuts are specifically harvested for their high water content as they have not yet begun developing edible pulp. Fresh coconut water is drunk straight from the coconut or can be used in both cooked and raw recipes. The coconut water has a slightly sweet, very clean and refreshing taste.

Seasons/Availability

Young green coconuts are available year-round

Coconuts grow on large palm trees known scientifically as *Cocos nucifera*. Despite the name, the coconut is botanically considered a fruit rather than a nut.

Coconut water is the juice found in the center of a young, green coconut. It helps nourish the fruit.

As the coconut matures, some of the juice remains in liquid form while the rest ripens into the solid white flesh known as coconut meat (1Trusted Source).

Coconut water forms naturally in the fruit and contains 94% water and very little fat.

It should not be confused with coconut milk, which is made by adding water to grated coconut meat. Coconut milk contains about 50% water and is very high in coconut fat.

Coconuts take 10–12 months to fully mature. Coconut water typically comes from young coconuts about 6–7 months of age, though it's also found in mature fruit.

An average green coconut provides about 0.5–1 cups of coconut water.

One cup (240 ml) contains 46 calories, as well as (2):

- Carbs: 9 grams
- Fiber: 3 grams
- Protein: 2 grams
- Vitamin C: 10% of the RDI
- Magnesium: 15% of the RDI
- Manganese: 17% of the RDI
- Potassium: 17% of the RDI
- Sodium: 11% of the RDI
- Calcium: 6% of the RDI



Green Smoothie

This simple Green Smoothie is a great way to incorporate more fruits and vegetables into your diet. I promise it is delicious and nutritious!

Course

Drinks

Cuisine

American

Keywords

green smoothie, smoothie

Prep Time

5 minutes

Total Time

5 minutes

Servings

1

Calories

250 kcal

Ingredients

- 1 large orange peeled and segmented
- 1 frozen banana
- 6 frozen strawberries
- 2 cups spinach
- 1/4 cup plain Greek yogurt
- 1/2 cup unsweetened almond milk
- [chia seeds](#) ground flaxseed, hemp hearts, or bee pollen (optional)

Instructions

1. Put all of the ingredients in a blender and puree until smooth. Pour into glasses and serve.
2. Note-Make sure you use a powerful blender.