

COCONUT FLOWER SYRUP



This is a product similar to coconut palm jaggery with high content of minerals. It is a rich source of potassium. It has good content of sodium and is free from total fats and cholesterol. It is produced when fresh Neera is heated and concentrated into a syrup.

Uses of coconut syrup

The product can be used for healthy food preparations, as topping on wide variety of appetizer, dessert or beverage, for delicious serving and for a healthy lifestyle. It is also used as a health drink in connection with Ayurveda and other systems of medicine.

COCONUT PALM JAGGERY

The strained unfermented coconut sap is boiled, crystallized and transferred into suitable moulds to prepare jaggery. The semisolid jaggery solidifies gradually by the cooling effect of the atmosphere into a crystallized hard substance. The recovery of jaggery from syrup is 15%. It is used as a sweetening agent for the preparation of dishes and is superior to cane jaggery.

Nutritional composition of coconut palm jaggery (in 100g)

Component	Quantity in mg
Thiamine	21.00
Riboflavin	432.00
Nicotonic Acid	5.24
Ascorbic Acid	11.00



COCONUT DEVELOPMENT BOARD

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