



MEDIA RELEASE

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Where's the coconut oil?

It's the number one question asked of health food shops and now the versatile oil even comes in capsules. Coconut oil can be used in so many different ways internally and externally.

It cleanses dirt and pollution from the skin, strengthens hair, soothes tired feet, moisturises the body and contains anti-bacterial and protective properties, which is why it's popular for oil pulling.

[The Beauty Chef](#) Carla Oates has spent the last 15 years creating beauty products from foods in her kitchen and garden, she also developed Glow Inner Beauty Powder.

The goodwill ambassador of Australian Organic says, "Coconut oil is a one-stop shop beauty product. The added bonus is that you'll smell like a fragrant island holiday."

Coconut oil is also the number one oil for frying because it doesn't become carcinogenic when it's fried at high temperatures.

Coconut drinks can be used to rehydrate and to replace electrolytes.

You can buy coconut flour, sugar, flakes, syrup, butter, milk, cream and whole ... and now it's even certified organic.

It really is the one food that has it all.

The country's largest organic certifier, Australian Certified Organic, is processing more applications for coconut products than ever before.

The company's Joanne Barber says, "In the last two years, we've received a considerable increase in interest from companies wanting to certify their coconut oil."

Most of the interest comes from Australian and New Zealand companies that manage farms in Fiji.

Family-owned Nature Pacific is riding on the back of this organic coconut craze. It's on track to hit 70% growth in its [Banaban](#) organic coconut oil range.

The company's Brynley King says, "The demand is there because of the added piece of mind that you are purchasing something organically grown without the use of pesticides and chemicals.

"Australian Certified Organic has very strict guidelines and companies like ourselves get audited once a year, right down to every batch and product we manufacture. We can trace every litre of our Banaban Organic Virgin Coconut Oil to the day it was picked and processed."

Nature Pacific also sells to Hong Kong, New Zealand and Germany, and soon the United States.

It's also one of the first companies to get approval from the Therapeutic Goods Administration to sell coconut oil capsules for health benefits.

Media: Kathy Cogo, Australian Organic, kathy.cogo@austorganic.com, 07 4771 3714 | 0466 015 183.
Images available.

WARNING! Incredibly yummy coconut recipe below.





Almond and coconut blueberry pie bars

These incredible crumbly pie bars are the ultimate 3pm snack. Made from all natural ingredients they are sure to be a favourite in everyone's house!

Makes 8 bars or 24 small pieces
Paleo | dairy free | gluten free

INGREDIENTS

- 1 1/2 cups Banaban Organic Coconut Flour
- 1 3/4 cups plus 2 tbsp certified organic almond flour
- 1 cup plus 2 tbsp Banaban Organic Coconut Nectar Syrup
- Pinch of salt
- 1 tsp fresh certified organic lemon juice
- 1 cup Banaban Extra Extra Virgin Coconut Oil, chilled
- 1 cup sliced certified organic almonds, lightly crushed

PIE FILLING

- 4 certified organic eggs
- 1/2 cup Banaban Organic Coconut Flour
- 1 3/4 cups Banaban Organic Nectar Syrup
- 1 cup Banaban Organic Coconut Milk
- 1 tsp fresh certified organic lemon
- 1 1/2 tsp vanilla extract
- 4 cups fresh certified organic blueberries

Crust and topping directions

1. Preheat oven to 175 degrees Celsius
2. Line a square tin in baking tray with baking paper
3. Combine coconut flour, coconut sugar, salt and lemon juice in a food processor
4. Using cold coconut oil, cut the coconut oil in cubes and pulse until the mixture is firm
5. Take contents out of food processor and start to knead with your hands
6. Reserve almost 1 cup of the mixture for the top layer and place aside
7. Press the rest of the mixture into an even layer at the bottom of the baking tray
8. Bake for around 10 minutes or until golden brown
9. While the crust is in the oven, mix almonds to the reserved topping mixture and combine well

Filling directions

Whisk together all ingredients, except blueberries, until smooth. Gently stir in the blueberries

Finishing directions

Once the crust is finished let the base cool for 15 minutes, leaving the oven on. Once the base is cooled add the filling layer, then sprinkle with topping and place back in the oven for a further 50 minutes or until top is golden brown. Place in fridge until they are completely cool for around 4 hours and then cut into small bite size pieces

Recipe courtesy of *Going Coconuts* by Brynley King. naturepacific.com

