

Preparation of Coconut Honey (Alternative for Sugar)

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ABSTRACT

This research aims for the preparation of **coconut honey** from coconut milk in a natural way without the use of any chemicals as a substitute for ordinary table sugar.^[2]The results of the analysis showed coconut milk skim and coconut cream is good to use to be processed into coconut honey oil and is treated as an efficient treatment for the society.

Keywords- *Delicious, Flavourful, Fresh, Natural, Sweet*

1. INTRODUCTION

This research aims to study the natural preparation of coconut honey with the help of coconut milk, which is in turn used for alternative for sugar.^[1]The process of making the coconut oil, where only a part of the coconut cream is used. This scheme has not been exploited by the Industries is still a valuable part. The coconut milk without the stuff inside (mostly the cream or the paste inside) is skim, which approximately contains about 0.29% fat and 0.36% protein. Pure coconut milk contains a no. of vitamins and some minerals. This alternative proves extremely useful as a substitute for ordinary table sugar as it has a greater glycaemic index than the sugar prepared from coconut honey. This research will help as a better substitute for sugars in various shops so that the public suffering from various heart problems will be able to consume this sugar in an appropriate quantity without getting affected.

2. HEALTH BENEFITS

2.1 Coconut Milk

Coconuts have a high amount of lauric acid which helps in improving cholesterol levels leading to a healthy heart.^[3] Coconut milk has a drastic effect on our body and brain as it contains a large amount of healthy carbohydrates and fats which give our body the required nutrients and vitamins and also enhances our memory power.

The qualities of coconut milk are indeed very amazing and amusing as it has many traits which helps the digestive system run smoothly and easily. Also, the amount of fibers it contains helps us to relieve constipation.

Coconut milk helps in the problems of inflammation of our joints and bones as it is rich in calcium. It can help reduce arthritis to a great extent.

2.2 Coconut Honey

It prevents early ageing as it is rich in antioxidants and vitamin A by protecting our cells against the effects of free radicals.

It also boosts our immunity by nourishing our cells with its vitamins, minerals thereby keeping our immune system healthy and strong. Coconut honey prevents diabetes as well by keeping the cholesterol levels under control by dislodging the fats accumulated in the arteries.

3. AIM

This research aims to study the natural preparation of coconut honey with the help of coconut milk, which is in turn used for alternative for sugar.

4. MATERIALS AND EQUIPMENTS REQUIRED

For the preparation of this project, the following things materials and equipment are used:

- 4.1 Coconut milk
- 4.2 Dried dates
- 4.3 Rose Syrup
- 4.4 Vitamin D sources (milk etc.)
- 4.5 Vitamin C sources (fruit juices)

Following tools are used as well:

stoves, scales, spoons, oven, refrigerator, filter cloth, measuring cup, blender, bottle, boiling flask, other general things.

5. PROPOSED PROCESS

Preparation of Coconut Milk:

- 5.1 First, we take off the skin of the coconut and cut it in pieces.
- 5.2 Later we grind the coconut pieces along with a bit of water and after taking it out, we squeeze it in order to obtain the freshly extracted coconut milk.

Extraction of coconut oil from the milk:

- 5.3 Once the coconut milk has been extracted, we sieve it using a muslin cloth to remove any impurities.
- 5.4 Putting the milk in a brass vessel, we heat it for 2-3 hours in low flames and keep on stirring it until the colour becomes brownish.
- 5.5 When the milk becomes concentrated, we cool it down and place the thickened milk in a muslin cloth and squeeze the oil.^[4]



Fig. 1 Preparation of the coconut milk after the addition of dried dates.

6. STEPS DESCRIPTION

- 6.1 Once the milk has been extracted, we heat it till the water present in it evaporates partially.
- 6.2 After heating it and removing the impurities, we add the skins of grinded dried dates, as it is rich in vitamin C and contains dietary fibres.
- 6.3 We heat it in again so as to make the mixture become a bit dense and thicker.
- 6.4 For some nutritional contents, we add some sources of vitamin D and vitamin C, such as cow's milk, orange juices etc.
- 6.5 For some flavouring agendas, we add some amount of rose syrup in order to add some flavour and colour to make it look attractive.



Fig 2. The final product after the addition of various ingredients.

7. MAJOR PRECAUTIONS

This research aims for the preparation of coconut honey from coconut milk, of which the intermediate is also an essential part for humankind. Therefore, necessary precautions are required to make this project successful:

- 7.1 Precise quantities of flavouring agents, juices and various other nutrients and vitamins must be carefully added in order to bring out the nutritive qualities in coconut milk and in coconut honey.
- 7.2 Also, while in the process of making coconut milk, care must be taken that proper cheesecloth is chosen in order for the coconut milk to be completely extracted out from the coconut meat without any impurities present, else the product becomes futile.

7.3 While boiling the milk in the Bunsen burner, care must be taken that everyone must be wearing aprons and proper equipment so that no one gets burned up.

Food processing requires strict production cleanliness, hence before going for production, it must be made sure that everyone has their hands and clothes cleansed.

8. ALTERNATIVE USES

Coconut Honey for Hair

8.1 Restores damaged and dry hair

Coconut Honey can be used as a scalp tonic for dry, itchy and irritated scalp. A gentle massage for 5 minutes with coconut Honey followed by a hot towel can have a good nourishing effect. This is particularly beneficial for restoring dry, damaged hair.

8.2 Promotes hair growth

It contains all the essential nutrients required for healthy hair boosting our hair follicles and promoting hair growth. Applying coconut Honey to our hair and massaging and later shampooing proves it useful.

8.3 Removes toxins from the scalp

Yet another beneficial property of the coconut Honey is to remove the unwanted and toxics present in the hair scalp. Its regular usage can ensure that the toxins do not get accumulated in that area and cause damage to the overall health of our hair.

Coconut Honey for Skin

8.4 Treats Sunburns

Applying coconut Honey on sunburns can effectively heal the skin due to its anti-inflammatory properties. The fats in this milk reduce pain, redness, and swelling on the skin.

8.5 Moisturizes the Skin

Coconut Honey combats dryness, itchiness, swelling and redness, soothing the skin and promotes a healthy and glowing skin. People have been indulging in milk baths for centuries now as it is a commonly known fact that Honey moisturizes the skin but coconut Honey does more than what ordinary milk does.

8.6 A good Makeup remover

Why do we need to use expensive makeup removers on our skin and waste money? Coconut Honey, which is so healthy and natural is just the thing to be used for removing fancy makeups. Mixing 2 measures of olive oil and 1 measure of coconut Honey and then rubbing it with a cotton ball not only removes the makeup but also nourishes the skin!

9. CONCLUSION

To sum up, it can be concluded that Coconut Honey from coconut milk acting as an alternative for regular table sugar proves very much useful to mankind. Some questions related to this are often as:

9.1 Should I be using it place of ordinary sugar? The answer is yes! It definitely is a better substitute for table sugar as it contains low GI and is much safer for people with heart problems. But again, it IS sugar after all, so excess consumption can prove harmful.

- 9.2 Is it okay for diabetics? Coconut sugar/syrup is a promising sugar for diabetics. It is absolutely safe for them to consume it in appropriate amounts as prescribed.
- 9.3 Coconut sugar is a conventional food and may not have adverse effect in comparison to ordinary/synthetic sugars.

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