PRODUCT DESCRIPTION

Cookienut—a high-fiber cookie-like sweet crunchy snacks made with dried coconut meat residue (CMR).

Coco merenguitos— a meringue frosting made by whipping egg whites and sugar together to create a light and fluffy **frosting** added with dried coconut meat residue.

- Coconut meat residue or also called 'sapal' is the solid material left after extraction of the coconut milk from grated or shredded kernel.

F.Y.I.

Coconut meat residue has a much higher dietary fibre content (32%) than oatmeal (8%) and flax seed (23%), which are being promoted by American food companies as healthy foods (FNRI, 1997).

COMPOSITION OF DRIED COCONUT MEAT RESIDUE *

Constituent	Percent
Carbohydrates	51
Dietary Fibre	32
Fat	38
Protein	5
Moisture	4
Ash	2

*Food and Nutrition Research Institute, 1997

CRUNCHY SNACK PRODUCTION

Materials and Utensils:
⇒ Stainless baking trays
⇒ Mixing bowls
⇒ Spatula
⇒ Ingredient containers
⇒ Parchment / baking paper
⇒ Pastry / Piping bag
⇒ Plain piping tip (11/16" wide tip)

Basic Equipment
- Oven for baking and drying of CMR
- Food processor for grinding/pulverizing of CMR
- Weighing scale for weighing ingredients
- Electric stand/Hand Mixer for whipping the batter

A. PRE-PROCESSING OF COCONUT MEAT RESIDUE (CMR)

1. Drying of CMR
- Pre-heat the oven at 350°F (180°C).

- Spread the coconut meat residue thinly on a baking tray.

- Bake in preheated oven for about 20 min until golden brown color is achieved.

- Cool and transfer in an airtight container.

2. Pulverizing dried CMR
- Place 100 grams of dried CMR into the food processor and blend for 3 minutes.
- Transfer the pulverized CMR into a clean, airtight container.
- Repeat the process until all the dried CMR are pulverized.
- Store in an airtight container at room temperature.

B. PREPARATION OF CRUNCHY SNACKS

1. COOKIENUT

Ingredients
⇒ 240 g   toasted CMR
⇒ 180 g   flour
⇒ 12 pc   eggs (large)
⇒ 300 g   butter
⇒ 480 g   brown sugar

1. Preparation of Batter mix
- Using an electric mixer, mix softened butter and sugar until the mixture becomes creamy and air pockets can be observed.
- Separate egg white from egg yolk.
- Add egg white and mix again until foamy.
- Add the premixed-flour and toasted CMR in the batter mixture and fold using a spatula.

2. Molding
- Fill the pastry bag with batter mix.
- Pipe in a baking sheet in a shape of "kisses".

3. Baking
- Pre-heat the oven at 400°F.
- Bake at 350°F for 10 minutes then at 250°F for 40 minutes.

4. Packing
- Allow the cookienut to cool.
- Pack in a suitable packaging material and seal properly.

2. COCO MERINGUITOS

Ingredients
⇒ 10 pc   egg (large)
⇒ 525 g   white sugar
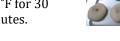⇒ 200 g   toasted CMR

1. Mixing process
- Separate the egg white from egg yolk.
- Using an electric mixer, whip the egg white for 1 min until foamy.
- Gradually add white sugar and mix for another 1 min.
- Add the toasted CMR, then fold using a spatula.

2. Molding
- Fill the pastry bag with batter mix.
- Pipe in a baking sheet in a shape of "kisses".

3. Baking
- Pre-heat the oven at 400 °F.
- Bake at 350 °F for 5 minutes then at 250°F for 30 minutes.

4. Packing
- Allow the coco meringuitos to cool.
- Pack in suitable packaging material and seal properly.

NUTRITIONAL COMPOSTITION OF COOKIENUT

PARAMETER Per 100 g	Cookienut	Coco Meringuitos
Total Calories, Cal	531.00	435.50
Total Fat, g	27.75	8.55
Total Carbohydrates, g	62.60	82.55
Protein, g	7.70	6.35
Moisture, g	0.73	1.15
Ash, g	1.20	0.85
Total Dietary Fiber, g	11.80	11.15
Insoluble, g	11.05	10.85
Soluble, g	1.25	0.40
Total Sugars, g	42.45	71.75
Phosphorus, mg	55.65	44.60
Calcium, mg	14.60	8.05
Potassium, mg	226.50	242.50
Iron, mg	1.40	1.05
Sodium, mg	228.50	85.00

PHILIPPINE COCONUT AUTHORITY

ALBAY RESEARCH CENTER

COCONUT PROCESSING TECHNOLOGIES

CRUNCHY SNACKS