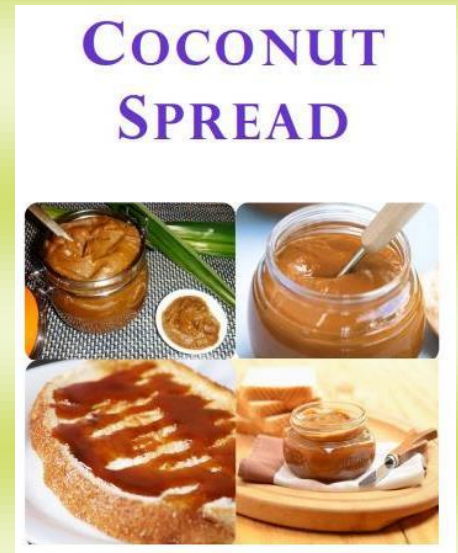


Coconut Sap Spread and Syrup

Coconut sap spread³⁰ is a product produced by cooking coconut milk and coconut sap syrup to a very thick consistency at low heat with constant stirring. It differs from the coco jam which is traditionally prepared using sugar cane (*sangkaka*).

Coconut sap spread can be used as:

- ✓ filling/spread for breads and crackers
- ✓ sweetener for *kalamay*
- ✓ fruit dip/fondue
- ✓ candies
- ✓ frostings, pie fillings, smoothies, cheesecakes and other desserts



COCONUT SAP SYRUP



Coconut sap syrup³¹ is a natural sweetener obtained by boiling the pure and fresh coconut sap under moderate to very low heat until it becomes sticky. It has a rich and sweet taste with a distinct coconut fruity flavour. Coconut sap syrup is rich in nutrients and has a low Glycemic Index (GI) of 39 ± 4 (DOST-FNRI, 2003).

Coconut sap syrup food products have the following benefits:

- rich in amino acids, specifically glutamic acid, which plays a vital role in the normal function of the prostate gland (male reproductive system); used by the body to build protein
- good source of carbohydrates, B-vitamins, and minerals such as calcium, sodium and iron, for a healthy body
- contains substantial amounts of calories for energy
- has a low Glycemic Index of 39 which makes it good for

persons with diabetes when used in moderation

Coconut sap syrup can be used as an ingredient or a low-calorie sweetener in:

- ✓ pancakes, waffles, hot bread, French toast spread
- ✓ soft and hard candies
- ✓ beverages (e.g., fruit juice, shakes, tea, coffee)
- ✓ fruits, snacks, pastries, jams, desserts (e.g., biscuits, donuts, ice cream, hot cereal, corn fritters, baked apples, crème brulee, custards, muffins)
- ✓ salad dressings, appetizer sauces, soups and cocktails

³⁰ FPDD Guide No. 6 - Series of 2015, Philippine Coconut Authority, www.pca.gov.ph. Accessed on 07 June 2020.

³¹ FPDD Guide No. 7 - Rev. 2, Series of 2019, Philippine Coconut Authority, www.pca.gov.ph. Accessed on 07 June 2020.