

# Coconut nice

The fruit of the *coconut palm* has an array of edible offerings

RECIPES & STYLING **BERNADETTE HOGG** / PHOTOGRAPHS **MANJA WACHSMUTH**

## TRIPLE COCONUT ICE

*coconut oil, egg whites, icing sugar,  
desiccated coconut, vanilla extract,  
coconut chips*

A classic treat, updated to include three forms of coconut: Melt 125g coconut oil and leave to cool. Beat 2 egg whites to stiff peaks and fold in 3 cups sifted icing sugar, 2½ cups desiccated coconut and a little vanilla extract. Mix in the melted coconut oil. Spread in a foil-lined 20cm square pan and scatter coconut chips on top, lightly pressing them in. Chill 1 hour before cutting into squares.

