



This recipe was crafted by women and girls in our Thailand baking school who have learned cooking as a trade so they can escape the red-light district and provide for their families. Learn more at [worldhelp.net/freedom](http://worldhelp.net/freedom).

## INGREDIENTS

1 1/2 cups Coconut Water  
(fresh or unsweetened)

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1 cup Fresh Young Coconut  
Meat

1 1/4 cups Coconut Cream (or  
whole fat coconut milk)

1 1/2 tsp Agar Powder

6 1/2 Tbsp Granulated Sugar

3/4 tsp Salt

## Coconut Jelly Treats

1. Mix together coconut water, water, and agar powder until the powder disperses. Set aside for 15 minutes for the powder to absorb the liquid.
2. Cook coconut milk and salt over a low heat, stirring constantly to keep coconut milk from lumping up. Once it begins to boil, remove from heat and leave to cool.
3. Cook coconut water and agar powder mixture over medium heat until powder dissolves (check for powder pellets on cooking spoon to make sure). Bring to a boil. Then add coconut meat and coconut milk and salt mixture. Cook and stir for approximately 3 more minutes.
4. Pour into desired molds and refrigerate. Wait until hardened before removing from molds, about 3-4 hours.