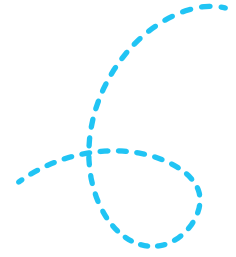




**cocobella**  
coconut yoghurt  
recipe e-book

cocobella  
dairy-free  
COCONUT YOGHURT  
live cultured with probiotics  
natural



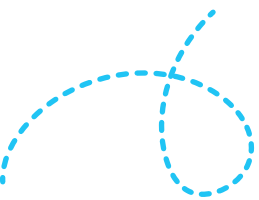


*A healthy dose of passion and positivity go into making every pack of Cocobella.*

The Cocobella coconut water story started with a relentless search for the purest form of coconut water – 100% natural and chemical free. Hand-harvested and packaged right where our coconuts are grown, some might say it's straight from paradise.

From Australia's favourite coconut water brand then came Cocobella coconut yoghurt- made with delicious coconut milk creating a naturally dairy free and vegan friendly snack or ingredient for wholesome recipes.

Here at Cocobella, making a positive impact is intrinsic to everything that we do. We believe it all starts with living a healthy, balanced life-style. Get inspired and join us and our inspiring community!



*Team Cocobella*



# cocobella

## coconut yoghurt

- ✓ Deliciously dairy-free
- ✓ Thick & creamy texture
- ✓ Live cultures & probiotics
- ✓ Gluten-free & lactose-free
- ✓ Vegan friendly



*Enjoy as a snack*



*Blend in smoothies*



*Have for breakfast*

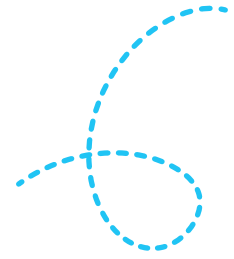


*Add to savoury meals*



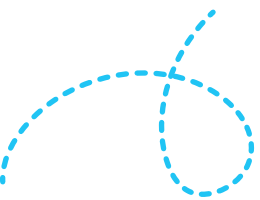
*Secret dessert ingredient*





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# Creamy Choc Chia Pudding

by Andrea @eatwithandy



"This recipe is high in protein and fibre with natural energy-boosting properties, making it the perfect decadent healthy breakfast!"

Prep Time: 10 mins  
Setting Time: 30 mins

Serves 1

## Ingredients

¼ cup chia seeds  
400ml coconut milk of choice  
1 tbsp cacao powder  
1 tbsp chocolate protein powder  
1 tsp maca powder  
1 tbsp Cocobella Natural coconut yoghurt  
1 tbsp coconut sugar (optional)

### To serve:

Strawberries  
Cacao nibs  
Nut butter

## Method

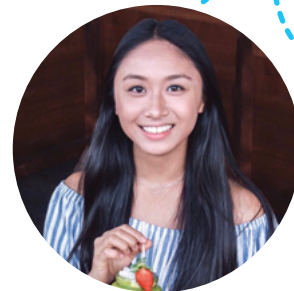
1. Place all ingredients in a high speed blender. Start blending on a low speed for about 20-30 seconds, or until chia seeds are blended into the mixture. Starting on a high speed will result in chia seeds stuck all up the sides of your blender.
2. Increase to a high speed and blend for another 30 seconds or until you see the mixture become thick and creamy.
3. Transfer to a bowl or jar and put in the fridge for 30 minutes or more.
4. Serve with strawberries, cacao nibs, granola and nut butter!





# Vanilla Pancakes

by Cherie @thrivingonplants



"This delicious pancake recipe is gluten-free, refined sugar-free & oil-free, yet packed full of flavour and super fluffy! Simply pair with fresh fruit and an extra dollop of vanilla yoghurt on top for a satisfying breakfast."

Prep Time: 10 mins  
Cook Time: 10 mins

Serves 1-2

## Ingredients

1 cup buckwheat flour  
2 tsp baking powder  
½ tsp ground cinnamon  
1 cup almond milk  
1 tsp vanilla extract  
1 tbsp maple syrup  
¼ cup Cocobella Vanilla coconut yoghurt

### To serve:

2 cups of fresh fruit  
2 tbsp of Cocobella Vanilla coconut yoghurt  
Maple Syrup

## Method

1. Combine the buckwheat flour, baking powder and cinnamon in a bowl. Whisk until combined.
2. Combine the almond milk, vanilla, maple syrup and coconut yoghurt into a bowl mix well.
3. Pour the wet ingredients into the bowl with the dry ingredients and whisk until you form a smooth batter.
4. Use ¼ cup of the batter to form each pancake. Cook for 3 minutes until bubbles form before flipping and cooking on the other side for an additional 2 minutes. Repeat until you have used up the rest of the pancake batter.
5. Serve with fresh fruit, a dollop of coconut yoghurt and maple syrup. Enjoy immediately!



# Passionfruit Yoghurt Smoothie Bowl

by Rebecca @nourish\_naturally



"A delicious summer-time smoothie bowl that is dairy-free and vegan. Whip it up in under three minutes, and top with fresh fruit for a yummy breakfast or snack that will satisfy your sweet tooth naturally."

Prep Time: 3 mins (with pre-frozen banana)

Serves: 1

## Ingredients

¾ cup Cocobella Passionfruit coconut yoghurt  
1 ripe banana, sliced and frozen

### To serve:

1 tsp shredded coconut  
1 tbsp buckinis  
Fresh fruit to decorate – I used passionfruit, banana, blueberries and strawberries

## Method

1. Place coconut yoghurt and banana in a high speed blender and blitz until smooth and creamy. Scoop out and place in bowl.
2. Decorate with fresh fruit of choice and sprinkle with coconut and buckinis.



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# Raspberry, Mango and Coconut Bircher Bowl

by Nina @naturally\_nina



"Growing up in Switzerland, Bircher muesli has always been a daily breakfast ritual for me. A wholesome, nutrient-dense and satisfying breakfast that's easy to prepare and keeps my full and energised for hours. I just love this creamy, refreshing combination of berries, mango and coconut yoghurt!"

Prep Time: 10 mins

Serves 4-6

Setting Time: overnight

## Ingredients

¼ cup quinoa flakes  
¼ cup millet flakes (or gluten free oats)  
1 tbsp chia seeds  
½ cup almond milk  
¼ cup Cocobella Straight Up coconut water  
1 tbsp natural vanilla extract  
1 tsp lemon juice  
2 tbsp Cocobella Natural or Vanilla coconut yoghurt  
1 tbsp vanilla plant based protein powder (optional)

### To serve:

1 banana  
Handful of chopped mango and frozen raspberries  
1 tsp hemp seeds

## Method

1. Mix together quinoa flakes, millet flakes and chia seeds, then cover with almond milk and coconut water.
2. Stir in vanilla extract and lemon juice, mix well and leave to soak overnight.
3. In the morning, stir through 1 tbsp of coconut yoghurt, and protein powder if using.
4. Spoon into a bowl and top with banana, mango, raspberries, hemp seeds, and remaining coconut yoghurt.



# Moroccan Chickpea & Quinoa Burgers

by Angie @feedmeichi



"These veggie burgers are perfect for a delicious lunch. So filling and flavoursome!"

Prep time: 30 mins (plus 30 mins of resting time)

Cook time: 10-15 minutes      6 Servings

## Ingredients

### Patties:

1 x 400g can of chickpea  
2 carrots, peeled & grated  
½ onion, finely diced  
½ tbsp extra virgin olive oil  
+ extra for cooking  
1 tsp cumin  
½ tsp paprika  
½ tsp ground coriander  
1 tsp salt  
1 garlic, finely diced  
½ cup walnuts  
¼ cup panko bread crumbs  
1 egg or egg substitute  
1 cup cooked quinoa

### Herb sauce:

Zest from one lemon  
1 tbsp lemon juice  
⅓ cup coriander leaves  
12 mint leaves  
1 clove garlic  
1 tsp cumin  
1 green chilli  
1 tbsp extra virgin olive oil  
⅔ cup Cocobella Natural  
coconut yoghurt  
Salt

### To serve:

6 burger buns, halved  
& toasted  
Lettuce  
1 red onion, finely slices  
1 tomato, sliced  
1 capsicum, roasted



# Moroccan Chickpea & Quinoa Burgers

## Recipe continued...



### Method

1. Preheat oven to 180°C. Scatter chickpeas, carrots and onion on a baking tray and bake for 20 minutes until the chickpeas start to split and look dried out. Set aside to cool.
2. In a frying pan, heat ½ a tablespoon of olive oil and add the spices and salt. Cook for a few minutes till fragrant before adding in the chopped garlic.
3. Blitz the walnuts in a food processor till you get a crumb. Add in the beans, carrots, onion, bread crumbs, egg and the garlic spice mix. Pulse everything but don't turn it into a paste, you want it be a little chunky for texture.
4. Add in the quinoa and pulse a few times to distribute in the mixture.
5. Scoop out a handful of the mixture out and shape into a round flat pattie that's 1.5-2cm thick. Repeat with all the mixture till you've formed 6 patties. Place on a baking tray and place in the fridge for at least 30 minutes.
6. Make the herb yoghurt sauce by pulsing together the lemon zest, lemon juice, coriander leaves, mintleaves, garlic, cumin, chilli and olive oil. Stir this through the coconut yoghurt and refrigerate till ready to serve.
7. When ready to cook the patties heat ½ a tablespoon of olive oil in a frying pan over low-medium heat. Cook the patties on each side for approximately 4 minutes and each side is browned. Cooking patties over low heat will ensure the centre is cooked without burning the outside.
8. Assemble each burger by dolloping a spoonful of herb coconut yoghurt sauce on one half of the bun and top with a pattie and vegetables before placing the other half of the bun on top.



# Sweet Potato Coconut Curry

by Leah @leahitsines



"This vegan curry is tasty and the massaman curry makes the flavours pop! I absolutely love curries, and having delicious light, but creamy curries like this one is just magical!"

Prep Time: 10 mins  
Setting Time: 25 mins

Serves 4-6

## Ingredients

1 tbsp olive oil  
1 brown onion, diced  
3 tbsp Massaman curry paste  
1 cup red lentils, uncooked  
600g sweet potatoes, chunky diced  
1 cup of Cocobella Natural coconut yoghurt  
1L of vegetable stock  
1 cup broccoli florets  
1 zucchini, halved and sliced  
2 cups baby spinach  
2 tbsp fresh coriander (optional)

### To serve:

Basmati rice, cooked

## Method

1. In a large deep pot, add olive oil to the pot and heat over medium to high heat.
2. Add onion to the pot and cook for 2-3 minutes or until onion becomes translucent.
3. Add massaman curry paste and cook for a further 2 minutes.
4. Add sweet potatoes and lentils and heat through, around 1 minute.
5. Add stock and coconut yoghurt and simmer for 25 minutes.
6. Add broccoli, zucchini, spinach and coriander and leave to cook for a further 5-7 mins, or until sweet potato is cooked through.
7. Serve on a bed of basmati rice.



# Coconut Swirl Cheesecake

by Jessica @mindful\_moose



"This Coconut Yoghurt Cheesecake is a perfect summer treat! It's healthy, vegan, dairy free, gluten free, refined sugar free, and most importantly - delicious. A good-for-you ice cream cake that is sure to please a crowd, adults and kids alike!"

Prep time: 30 mins (plus minimum 2 hours to pre-soak the cashews)

Setting time: 3 hours

Serves: 12

## Ingredients

### Base:

1 cup almonds

½ cup desiccated coconut

7 medjool dates

½ tbsp rice malt syrup

Pinch of salt

### Filling:

1 cup cashews, soaked for at least 2 hours prior

1 500g Cocobella Natural coconut yoghurt

½ cup melted coconut oil

½ cup rice malt syrup

1 tsp vanilla extract

1 tbsp cacao powder

### To serve:

Fresh berries

Vegan chocolate, melted

## Method

1. Soak the cashews for a minimum of 2 hours (preferably 4 hours).
2. Line a 22–25cm cake tin base with baking paper.
3. In a food processor, process the almonds into small pieces. Add the coconut, dates, rice malt syrup and salt. Process until it all comes together to form the base. Press firmly and evenly into the cake tin. Set aside.
4. Drain and rinse the cashews. Add to a high speed blender or food processor along with the Cocobella coconut yoghurt, melted coconut oil, rice malt syrup, and vanilla extract. Blend until smooth.
5. Remove half of the mixture and place into a bowl, set aside. Add the tablespoon of cacao powder to the blender and blend to mix through. Alternating between to chocolate and vanilla layers, pour each into the tin until they're both used up. Take a knife and swirl the two flavours together.
6. Place in the freezer to firm up (this will depend on your freezers temperature so check after a couple of hours or so, you can leave it as long as you like). Remove from the freezer and decorate with the fresh berries and melted chocolate. Slice and let soften for a few minutes until creamy and enjoy!



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# Strawberry Coconut Yoghurt Parfait

by Janessa @glutenfree\_sugarfree



"This layered parfait is a great dinner party dessert idea. It's gluten free, vegan, low in refined sugar but still tastes indulgent. Top with extra berries and chocolate to really wow your guests!"

Prep Time: 15 mins  
Setting Time: overnight

Serves 2

## Ingredients

### Chocolate Chia:

¼ cup chia seeds  
¾ cup milk of your choice  
1 tbsp honey  
1 tbsp cacao powder

### Strawberry Sorbet:

1 cup frozen strawberries

### To serve:

500g Cocobella Strawberry  
coconut yoghurt  
Fresh strawberries  
Dark chocolate flakes

## Method

1. Place chia seeds and milk in an airtight container and shake well. Allow to sit in fridge overnight to thicken. Once set, stir in honey and cacao until fully combined.
2. To make sorbet, place strawberries in a blender and blitz until smooth.
3. Layer two jars with chocolate chia pudding, Cocobella Strawberry coconut yoghurt and sorbet. Top with dark chocolate flakes and fresh strawberries.





# Coconut Passionfruit Cake

by Sam @wholesomepatisserie



"A classic and wholesome coconut infused cake that's gluten free and dairy free! Topped with a luscious passionfruit coconut yoghurt and toasted coconut flakes."

Prep time: 15 minutes  
Cook time: 35 minutes

## Ingredients

### Cake:

1 ¾ cups gluten free all purpose flour  
1 ½ tsp baking powder  
1 tsp baking soda  
½ tsp ground cinnamon  
½ cup coconut oil, room temperature  
¾ cup coconut sugar  
2 large eggs, room temperature (or 2 flax eggs)  
½ cup Cocobella Natural Coconut Yoghurt  
1 tsp vanilla extract  
½ cup coconut milk

### Frosting:

½ cup Cocobella Passionfruit coconut yoghurt  
2 Tbsp toasted coconut flakes

### To serve:

Fresh berries  
Vegan chocolate, melted

## Method

1. Preheat oven to 180°C. Line a 12-inch round cake tin with baking paper, set aside. In a small mixing bowl, combine flour, baking powder, baking soda and cinnamon, mix well and set aside.
2. In a large mixing bowl, add coconut oil. Using a hand mixer or a stand mixer fitted with the paddle attachment, lightly beat the coconut oil until just soft. Add coconut sugar and beat on high for 1 minute. Add eggs, yoghurt and vanilla. Beat on medium speed for 1 minute or until light and fluffy, scraping down the sides when needed whilst beating.
3. Add dry flour mixture into creamed mixture. Mix with a wooden spoon until just combined. Pour in milk, mix until well combined and mixture forms a soft batter. Pour and spread into lined cake tin.
4. Bake for 30–35 minutes or until a skewer inserted into the middle comes out clean.
5. Cool in tin for 10 minutes. Remove and transfer to a wire rack to cool completely.
6. Frost cake with passionfruit coconut yoghurt and sprinkle over coconut flakes.



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# Pina Colada Mango Pops

by Tess @tessbegg



"A healthy plant-based popsicle that is refreshing, summery and delicious. It's easy to whip up and perfect to beat the heat."

Prep Time: 15 mins  
Setting time: overnight

Serves: 6

## Ingredients

1 cup Cocobella Mango coconut yoghurt  
1/3 cup Cocobella Pineapple coconut water  
1 cup fresh diced mango  
1/2 lime, juiced  
2 tbsp coconut flakes

## Method

1. Add the coconut yoghurt, coconut water, mango, and lime to a blender and blend until smooth. Stir through the coconut flakes.
2. Pour the mixture into popsicle molds and add a popsicle stick. For an ombre effect, swirl through the mango syrup from the yoghurt or mix some coconut yoghurt with coconut water and swirl through.
3. Set in the freezer overnight or several hours until firm. To remove from molds, run under warm water.

Share your **#COCOBELLARECIPE**

