



In **Traditional Chinese Medicine** (TCM), coughing indicates abnormal Qi activity inside the lungs. Coughing can be caused by external factors like weather changes or dysfunction of the internal organs, such as the lungs or other organs involving the lung like the Spleen, Liver and Kidneys. **Chinese Physicians** advise those with coughing's condition, not to take fresh fruits because fresh fruits contain some **Citric Acid** and some fruits' energy are **Cold type** like Chinese Pear, green apple & oranges, etc which will aggravate its symptoms.

On the other hand, fresh fruits once boiled or steamed will help to improve coughing's condition. While, **Steamed Coconut Water** helps to hydrate, replenish & rejuvenate the body's energy and even safe for pregnant or breastfeeding women to consume. Added with **Dang Shen, Chinese Almonds and Red Dates**, this **Steamed Coconut with Fruits** help

to strengthen Lungs, Skin and Spleen health, **especially ailments related to coughs and low energy (Qi deficiency).**

Serving size: 1 coconut per person.

Prep Time : 15 mins

Cook Time : 1 hr 30 mins

Total Time : 1 hr 45 mins

Benefits: Helps to improve blood glucose level, blood circulation, dehydration, health of cardiovascular, liver, lungs, kidneys, skin and spleen, etc.

Ingredients

(1) Fresh Young Coconut – 1 no. **Buy the fresh coconut with its husk removed.**

(2) Green Apple – 1/8 of the green apple. Wash & scrub 1 teaspoon of salt on the **Green Apple's skin** with a clean toothbrush to remove its impurities. Then cut into 4 pieces. Remove the core.

Alternatively, you can replace the Green Apple with 1/8 of Chinese Pear, Orange or Mandarin Orange.

(3) Pink or Red Apple – 1/8 of the pink or red apple. Wash & scrub 1 teaspoon of salt on the **Pink or Red Apple's skin** with a clean toothbrush to remove its impurities. Then cut into 4 pieces. Remove the core.

(2) Dang Shen – 4-8 thin slices. (1-2 gram)

(3) Chinese almonds (North) – 5-8 nos.

(4) Chinese almonds (South) – 5-8 nos.

(5) Red date – 1 no. **Add more if you have Cold Body System, Anemia or Low Blood Pressure.**

*** Daily recommended dosage: Chinese almonds (North) not more than 40 nos; Chinese almonds (South) not more than 40 nos; Dang Shen not more than 30 grams; & Red Dates 3-20 nos. Recommended Daily Intake of Apples: about 6 nos and 1 medium-sized apple contains about 4 grams of fiber, about 17% of the Recommended Daily Intake of Fiber.**

Preparation

(1) Prepare a wok and place a metal mesh screen then fill water up to metal mesh screen's level. Cover the wok with the wok's cover and turn on high flame while preparing ingredients. **Alternatively, you can steam in an electric steamer which is more convenient.**

(2) Make a cut on the top of the **Coconut** & pour out 1/3 cup of **Coconut water** which you can drink straight away or you can use it to cook as your rice, porridge or soup's base.

(3) Place **all washed ingredients** into the **Coconut** & cover with the cut **Coconut** shell. Then place the **Coconut** into a bowl at the centre of the wok & steam for 1 ½ hours. **Advisable to steam more Coconuts according to your steaming space to save the cost of fuel or electricity.**

(4) After 1 ½ hours, turn off the flame & place the **Steamed Coconut with Fruits** on the table, ready to serve. The coconut meat can be eaten together with this drink. You can keep this **Steamed Coconut with Fruits** in the refrigerator for up to 3-5 days. Remember to let the **Steamed Coconut with Fruits** cool down before you put them in the fridge. Reheat it before eating or eat it as cold dessert.

Note

(1) Suitable for everyone and **especially those who have ailments related to coughs and low energy (Qi deficiency). Can take this recipe at 1-2 times weekly for strengthening your energy (Qi) and better skin health.**

(2) **Chinese almonds (Also known as Apricot kernels)** contain a toxic chemical known as amygdalin which can lead to side effects of cyanide poisoning. Its symptoms are dizziness, headache, low blood pressure, nausea, vomiting, nausea & nerve damage, etc. Therefore, it

is advisable to take not more than 40 nos for each type of **Chinese almonds (North & South)**.

(3) **Dang Shen** may cause some side effects including dizziness, low blood pressure, nausea, upset stomach & a blood condition called thrombocytopenia, etc so if you experience such symptoms, **do take in moderation**.

(4) **Dang Shen & Red Dates** have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so **take in moderation**.

(5) Moderate intake of **Dang Shen** for those who are on **blood thinning medications** or have **bleeding disorders** because **Dang Shen** may slow down blood clotting.

(6) **Dang Shen** might increase the **risk of bleeding during and after surgery**. Stop taking them at least 2 weeks before a scheduled surgery.

(7) **Red Dates** might increase your insulin level or lower your blood sugar level so **take in moderation**.

(8) **Red Dates** might interfere the **blood sugar levels during and after surgery**. Stop taking it at least 2 weeks before a scheduled surgery.

Caution: To drink this recipe at an interval of ½ to 1 hour from medications. If you are pregnant, breastfeeding or having any medical conditions, please seek your health expert before consuming this recipe.