

# Coconut Sugar



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Coconut sugar is rich in flavor which means that it typically takes less of this sweetener to feel satisfied. It comes from the fresh sap of coconut trees and is dried into crystals. It is known to promote the viability of *Lactobacillus acidophilus* and, in some cultures, is fermented into a probiotic-rich drink. The fresh sap is rich in amino acids and vitamins. The dried crystals contain trace minerals such as calcium, potassium, zinc, and iron as well as polyphenols and antioxidants. Interestingly, coconut sugar contains compounds that inhibit alpha-amylase activity. This delays digestion and absorption which lowers its glycemic index.

