

Amy & Brian's All Natural Coconut Juice

Reviewed by Angelina Drake



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There are few times in my life when I feel divine. The daily patterns we fall into leave little room for that special sense of self-awareness that extends beyond our current surroundings. Recently, however, I've experienced a taste that can only be equated with the nectar of Gods.

It was a warm June night in one of the places most disturbed by man, Los Angeles. With access to a wide world of health food, my friends and I had acquired fresh whole coconuts and taken to the hot tub. We walloped the fruits (which are actually nuts) with machetes in order to slurp out the water within. This crisp and supremely refreshing liquid is naturally filtered inside the coconut shell. It yields a sweetness leaving mere mortals feeling exquisitely vigorous.

When I returned home, greeted by the abrupt weight of North Florida humidity and far from the nearest Whole Foods, I didn't expect to re-experience coconut divinity so soon. Especially not from a can.

Amy & Brian's All Natural Coconut Juice captures the taste of inner coconut water in 17.5 fl. ounces of pure young coconut juice and pulp. I felt again like I was slurping the drink in the Hollywood Hills. There are even delicious chunks of coconut throughout the can which mimic the fleshy coconut meat we scraped out of the real things. When chilled, Amy & Brian's coconut water is absolutely up to par with the real stuff. In fact, it's the best drink I've ever had.

A sweeping statement? Perhaps, but when you consider the many (and underrated) health benefits of the coconut, there's no doubt about this heavenly nectar.

Coconut juice is an isotonic beverage. That means that its salt concentration matches that of the human body, thus enabling fluid and mineral replacement after physical activity. Being so chemically analagous to human plasma, coconut water has even been used by some third world countries to save lives through coconut IVs. This fluid can act as both a blood purifier and catalyst in the drug absorbtion process, which explains why Chief of the Food and Agriculture Organization's Agricultural Industries Morton Satin calls coconut water, "the fluid of life."

The juice is nature's most highly concentrated source of electrolytes and also a good source of minerals like potassium and calcium. Coconut water has potent antibacterial and antifungal qualities due to its high lauric acid content. This tropical treat is known to boost metabolism and revitalize skin, hair, and immunity.

Unlike most canned beverages, this product is 100% juice and pulp, free of added sweeteners and preservatives. With only 76 calories and 10g of sugar per serving, Amy & Brian's Coconut Juice boasts an impressive and pure nutrition label in a world of high fructose corn syrup and artificial flavors.

Coconut juice simply stands out. It is available without pulp, though I prefer the sweet morsels in the pulp version. Coconut enthusiasts recommend a serving of coconut juice each day. That's a pattern I could eagerly fall into. Or rather, ascend to.