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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coconut Oil Recipes The Essential Kitchen Series, Book 78 Discover the Amazing Power of Coconut Oil: Its Uses, Cures, Benefits, as well as Healthy and Delicious Meals You Can Easily Make at Home Coconut Oil is one of nature s healing wonders. It has been proven to improve memory, retard Alzheimer s disease, and improve brain function. This all-natural oil is packed with flavor and a variety of curative properties, giving it nutritional value for any diet. Consuming coconut oil has a number of systemic benefits including increased energy levels, enhanced metabolic functions, and a bolstered brain activity. So, keeping that in mind, a step in the right direction today can make all the difference in how you feel and how your body and brain perform tomorrow. Learn to appreciate life a little bit more, build a sense of confidence, and adopt an attitude of well-being by preparing the amazing recipes contained in this Essential Kitchen Series Recipe Book! Here s a small sample of the recipes we ve included in this collection: Apple, Banana Spinach Smoothie Creamy Spiced Broccoli Soup Blueberry Oat Pancakes Curried Shrimp Bell Peppers Soup And much, much more. Healthy Nutrients Packed with Delicious Flavor Welcome the Coconut Oil Recipes Cookbook into your kitchen and break free from the mainstream, free yourself from malaise, and cleanse your system by pledging to eat a healthy diet. You ve heard a lot lately from the media, online cooking shows and your doctor about natural foods to enhance neurological performance. Incorporate this newfound knowledge into your own diet by utilizing these tasty recipes. Learn what thousands have already discovered in relation to nature s healing wonders: some...

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