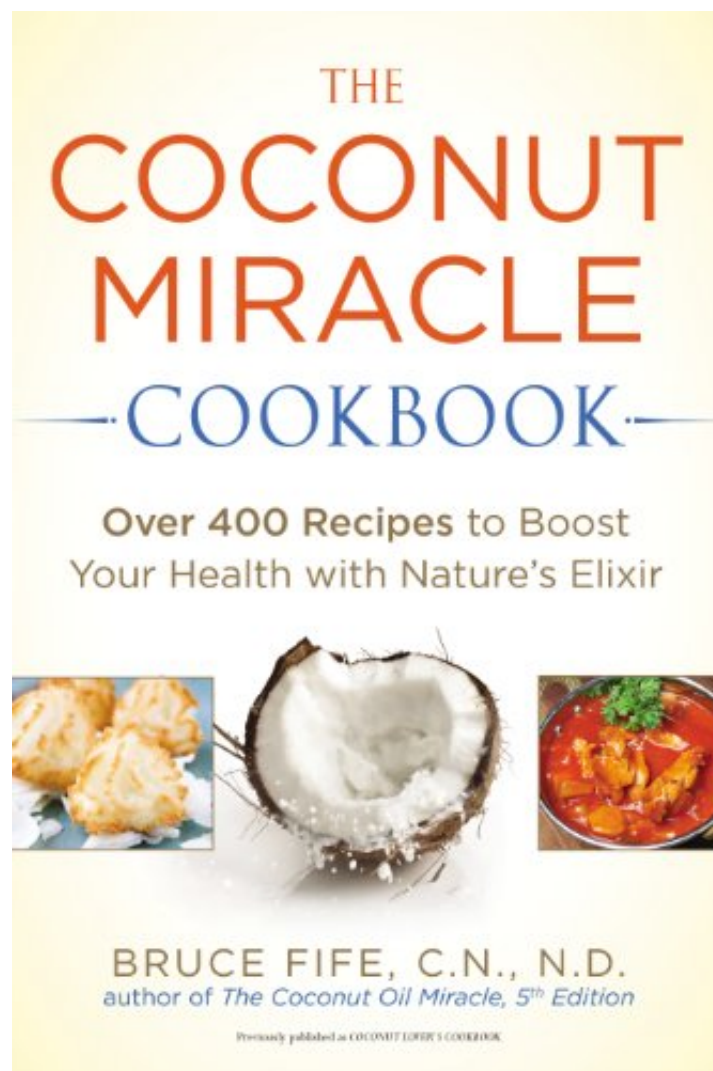


# The Coconut Miracle Cookbook: Over 400 Recipes to Boost Your Health with Nature's Elixir

by  
**Bruce Fife**



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## Synopsis

Bruce Fife, bestselling author of *The Coconut Oil Miracle*, presents a companion cookbook and a complete guide to reaping all the health and beauty benefits of cooking with coconut. Healthy, rich, and delicious, coconut is nature's miracle healer. *The Coconut Miracle Cookbook* explains the benefits of coconut, and shows readers how to incorporate this superfood into meals every day with more than 400 delicious recipes. Coconut has been shown to have countless health benefits, including:

- Weight loss
- Preventing heart disease, cancer, diabetes, arthritis, and many other degenerative diseases
- Strengthening the immune system
- Improving digestion
- Preventing premature aging of the skin
- Beautifying skin and hair

Reap the health and beauty benefits of coconut oil, milk, water, and cream. Feel—and see—the amazing results.







































## **What people say about this book**

Ebook Tops Reader, "Go Natural - Use Coconuts. As I am a Pacific Islander, born in Fiji, grew up using coconuts, (family owned a coconut plantation) - oils, milk, water etc., almost every day of my life, I think Bruce Fife's Coconut Miracle Cookbook is excellent.!"

Jazzi, "One of nature's best kept secret. Since coconut is the new food trend my husband and I have been using it a lot. This book is filled with information on how it works and how best to use it in your food. And it makes the food taste better."

Earthmom, "Love this cookbook. I've used this cookbook many, many times since I've gotten it. Recipes are simple and very tasty, I always have the ingredients."

2 Spools LLC, "The recipes are really good. I wish there were some pictures. The recipes are really good. I wish there were some pictures."

Ebook Tops Reader, "I loved all the recipes. I loved all the recipes, I'd like to learn some raw coconut recipes. I'll buy another book, I was satisfied with the book!"

Marilyn, "Excellent info and recipes. Excellent info and recipes! ALL of us should be finding more ways to incorporate coconut oil into our daily lives!"

Namaste, "Another great book from Bruce Fife. Another great book from Bruce Fife. Wish he had more vegetarian recipes in here, but they can be adapted."

margaret, "Four Stars. interesting read"

Lyly51, "Gifted. Gift for my daughter she likes it"

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