



50 Coconut Oil Recipes: Cooking with Coconut Oil and Loving Every Bite

By Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you up on the coconut craze?Cooking With Coconut OilHave you finally decided to pour out the vegetable oils and embrace the benefits of coconut oil? If you are used to old school cooking, it can be a tough change. How many of our parents used coconut oil to make dinners?The future of oil is changing and coconut is the leader. Making the switch isn t difficult at all as you will discover with these 50 recipes.The Benefits Of Coconut OilThe recipes you will discover inside are just for eating but did you know that coconut oil is much more than a delicious flavor added to foods. There are thousands of articles on how coconut oil is beneficial for hair growth and improving your skin. It can fight infections and plays a role in disease prevention.What more than likely made it famous is its weight loss properties being it contains medium chain fatty acids which help with weight loss. A fat that helps lose fat is pretty amazing.People even use it to kill bad breath and improve their...



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