



The Complete Coconut Cookbook: 200 Gluten-free, Grain-free and Nut-free Vegan Recipes Using Coconut Flour, Oil, Sugar and More

Camilla Saulsbury

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Coconut is a "hot" ingredient among foodies, primarily for its rediscovered healthy impact.

Always a delicious ingredient and often a decadent treat, coconut is now embraced with a new enthusiasm that borders on obsession. Its rich, smooth and creamy textures add to the compelling and considerable health and nutrition benefits of pure coconut products.

Despite the mounting evidence supporting the health benefits of coconut and the ever-increasing number of coconut products in supermarkets, comprehensive guidance on how to use such products lags behind. *The Complete Coconut Cookbook* offers home cooks the delicious, convenient coconut using its entire range of special ingredients.

Everyone, from hardcore health-foodies to recreational cooks and everyone in between, will enjoy these all-natural, high-energy, top-notch coconut recipes which can all be made with ease and flair. The 200 innovative recipes cover a broad spectrum of fresh flavors and textures and provide delicious and dependable results. Perhaps most importantly, there is a complete nutritional analysis for every recipe.

Camilla Saulsbury includes coconut recipes for virtually every occasion and every time of the day: Breakfast, Breads and Muffins, Beverages, Salads, Vegetable Sides, Soups and Stews, Main Dishes, Cookies and Cakes and Desserts.

For example a nutritious start is Coconut Waffles, a late afternoon snack is Coconut Flour Zucchini Bread, and a sit-down hearty dinner is Southwestern Sweet Potato and Poblano Soup.

An unusual feature is a comprehensive section on the science of coconut nutrition along with a survey of user-friendly nutrition information about each coconut ingredient and "how-to" data for each coconut product.

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From reader reviews:

James Dungan:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their spare time with their family, or their particular friends. Usually they performing activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the publication untitled The Complete Coconut Cookbook: 200 Gluten-free, Grain-free and Nut-free Vegan Recipes Using Coconut Flour, Oil, Sugar and More can be fine book to read. May be it might be best activity to you.

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Susan Ford:

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