

# Coconut: The Complete Guide to the World's Most Versatile Superfood

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### Reviews

This publication is fantastic. We have read through and i am certain that i will planning to read yet again yet again down the road. You wont feel monotony at at any time of your respective time (that's what catalogs are for concerning when you request me). (Alec Langosh)

## COCONUT: THE COMPLETE GUIDE TO THE WORLD'S MOST VERSATILE SUPERFOOD



Sterling Publishing Co Inc. Paperback. Book Condition: new. BRAND NEW, Coconut: The Complete Guide to the World's Most Versatile Superfood, Stephanie Pedersen, It is a new title from the popular Superfood series. Coconut has a wide range of health benefits and is perfect for both savoury and sweet dishes; and contains 75 recipes and advice on using every part of the coconut. It is perfect for dishes both savoury and sweet, coconut is delicious. It's a nutritional powerhouse, with health benefits that range from preventing dehydration to stabilizing blood sugar to increasing immunity. Find out how to choose, use and store every bit of the coconut (the meat, the water and the oil) along with 75 recipes that include coolers, smoothies, hot and cold cereals, baked goods (muffins, breads, bars), chilis, soups, stews, lunch bowls (like Mexicali Quinoa Pilaf), salads, sandwiches, snacks, spreads, dips, dinners, desserts and so much more. Dozens of informative sidebars provide interesting facts and background, and there's even information on making your own coconut-based beauty supplies!.

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