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## Coconut Milk Recipes: 21 Quick Easy Meals for Breakfast, Lunch, Dinner, and Dessert

By Ginger Langley

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coconut milk can be substituted in any recipe that calls for cow s milk. Coconut milk recipes are excellent for the busy professional who wants to eat healthy yet avoid dairy products due to being lactose intolerant or allergic to cow s milk. Whether you decide to buy local or order organic unsweetened coconut milk online, one thing is for sure: your body s digestive system will be glad that you re eating natural and healthy foods. Some of the coconut milk recipes in this cookbook qualify for anyone who is following a Paleo diet lifestyle. Next to the title in those recipes, you ll see (Paleo Approved), which means that the ingredients adhere to the Paleo approved list of foods. I have prepared these recipes for myself, for family, and for friends.many of whom still eat according to the Standard American Diet (SAD). The reason this is mentioned is that when I have prepared many of these meals that are included in this cookbook and taken them to a local potluck lunch or dinner,...

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