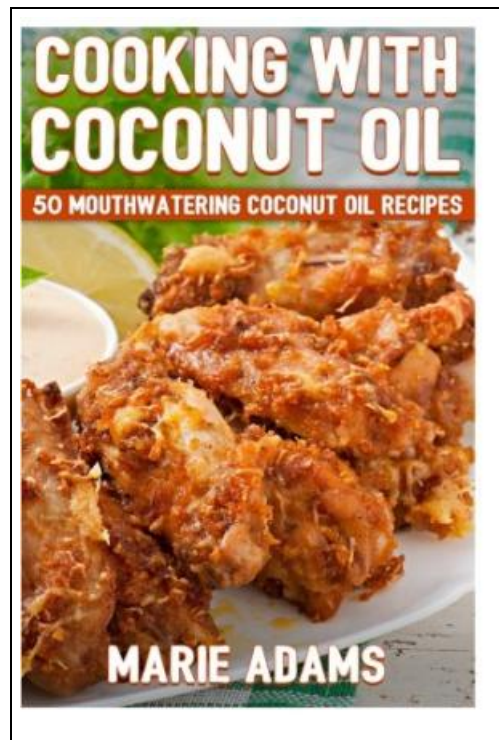


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COOKING WITH COCONUT OIL: 50 MOUTHWATERING COCONUT OIL RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Bring the magic of coconut oil in your kitchen and start preparing healthy and diet-friendly recipes using this superfood! Coconut oil is more popular than ever, thanks to the latest scientific findings which states that it is an excellent source of healthy fats, making coconut oil the new superfood. This has led to bottles of coconut-related products from coconut yogurt to coconut oil popping up in supermarkets and health-food stores. Although, fats are calorie intensive, but also essential to our diet when consumed in moderation, coconut oil appears to be a better alternative that promises to help improve our diet and health. People in the tropics, such as the Philippines and Sri Lanka, have traditionally used coconut oil in cooking, simply because it is such a versatile ingredient that can be used in stir-fries and curries. The oil on its own also has its signature coconutty flavor, which might be a hit or miss with some people, but there is no doubt it makes dishes cooked with it all the more unique. It is also a stable oil that tolerates high temperatures and also has a longer shelf life without turning rancid easily. A widely touted health benefit of coconut oil is its weight loss function. Studies have shown that the body is more able to metabolize coconut oil compared to other sources of saturated fats such as lard and butter. This means that its fats are not as likely to be stored, but are utilized instead, which is helpful in losing weight. Given its numerous health properties, many people have started introducing it into their daily diets in the hope of improving their personal well-being. This cookbook will explore...



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