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Hardie Grant Books (UK), United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Coconut oil is one of the best oils we can use as it contains good fats, vitamins and minerals. This kitchen handbook has over 60 delicious, health-supportive recipes to nourish you and explains how to use it instead of other oils and butter in your daily cooking. There are plenty of healthy and delicious dishes - from quick meals to weekend feasts - to suit every member of the family. And for those with a sweet tooth, there are simple, refined sugar-free desserts to satisfy cravings as well as indulgent cakes, biscuits and muesli bars that are nourishing treats. There is also a chapter on coconut oil as a beauty product. Quick DIY beauty recipes reveal the healing and medicinal properties of coconut oil, from hair wraps to face and body scrubs.



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