



Cooking with Coconut Oil: 50 Mouthwatering Coconut Oil Recipes (Paperback)

By Marie Adams

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...

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