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Coconut Oil Recipes: The Amazing Power of Coconut Oil. It s Uses, Cures, Benefits as Well as Healthy and Delicious Meals You Can Easily Make at Home Using Coconut Oil for Breakfast, Lunch

By Sarah Sophia

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Coconut Oil Recipes The Essential Kitchen Series, Book 78 Discover the Amazing Power of Coconut Oil: Its Uses, Cures, Benefits, as well as Healthy and Delicious Meals You Can Easily Make at Home Coconut Oil is one of nature s healing wonders. It has been proven to improve memory, retard Alzheimer s disease, and improve brain function. This all-natural oil is packed with flavor and a variety of curative properties, giving it nutritional value for any diet. Consuming coconut oil has a number of systemic benefits including increased energy levels, enhanced metabolic functions, and a bolstered brain activity. So, keeping that in mind, a step in the right direction today can make all the difference in how you feel and how your body and brain perform tomorrow. Learn to appreciate life a little bit more, build a sense of confidence, and adopt an attitude of well-being by preparing the amazing recipes contained in this Essential Kitchen Series Recipe Book! Here s a small sample of the recipes we ve included in this collection: Apple, Banana Spinach Smoothie Creamy...



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Reviews

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