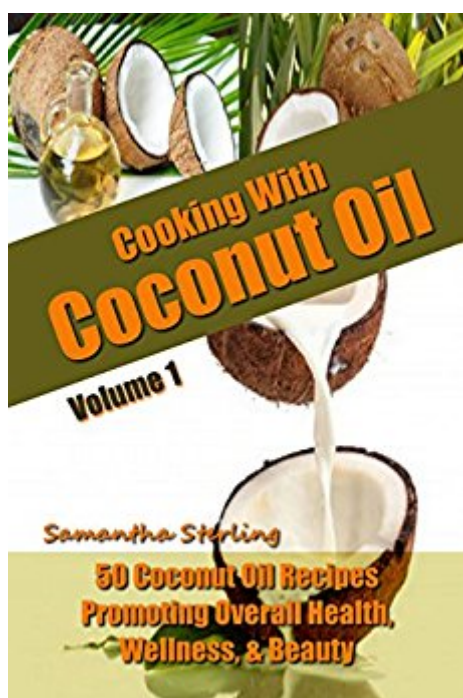


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Cooking With Coconut Oil Vol. 1 - 50 Coconut Oil Recipes Promoting Health, Wellness, & Beauty - Coconut Oil Cookbook - Coconut Oil Uses - Coconut Oil (Coconut Oil Diet And Recipes)



Synopsis

Cooking With Coconut Oil is sold exclusively on .com both in paperback and eBook format for your convenience. In this volume Samantha brings you a wide variety of recipes that contain the miracle food known as coconut oil! Take a look at some of the delicious recipes! 50 in total to be exact!

Tomato & Parsley Sauce Potatoes Creamy Wild Chowder Vegan Burger Swiss Chard with Garbanzo Beans and Couscous Garbanzo Curry Polenta Arepas Ginger Stir-Fry with Coconut Rice Avocado Tacos Vegan Style Shepherd's Pie Tempeh Sandwiches: Easy Vegan Pasta & Pine Nuts Mediterranean Zucchini Pumpkin-Apple Curry Lentils Garlic-Ginger Tofu Baked Potato with Lentils Cheesless Vegan Mac Noodles with Spicy Tahini Spicy Potato Curry Quinoa Chard Pilaf Broccoli Quiche Lentil and Veggie Bake Grilled Tomato-Balsamic Veggies with Couscous Tempeh Fajitas Lentil, Kale, and Red Onion Pasta Teriyaki Tofu with Pineapple Tofu and Red Bell Peppers with Spicy Peanut Sauce Toasted Almond and Quinoa Salad Vegan Chili Marrakesh Stew Crispy Sesame Tofu and Broccoli Stuffed Sweet Potatoes Tofu Kebabs with Cilantro Dressing Four-Grain Vegan Salad Barley Greens Pesto Cajun Style Tempeh Celery Root Soup Garbanzo Cakes with Avocado Vegan Paella Spicy Quinoa with Edamame Avocado Pasta with Blackened Veggies Black-eyed Peas with Collard Greens and Turnips Black Bean Quesadillas Stuffed Red Bell Pepper Couscous with Olives and Sun-dried Tomatoes Braised White Beans and Chard Miso Soup with Napa Cabbage Chinese Porridge Curried Carrot Soup Vegan Kofte Creamy Vegan Alfredo

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Customer Reviews

Cooking with Coconut Oil looks like the first of many recipe books by Samantha Sterling. I like the fact this book dives straight into the recipes without too much rambling. A little lead up is always nice, but too much of a good thing sometimes drives me bonkers! The recipes are creative, simple to re-create with ingredients you'll find at your local grocer, and I love the fact the nutritional information is included with each recipe. This just helps you to get a snapshot of the technical of what you're putting in your tummy. When you're trying to reach your weight loss goals that's a gymnourmous help! The Quinoa Swiss Chard dish has me drooling right now - YUMMY! And there's nothing wrong with a little bit of rainbow in your day! I recommend you add this recipe book to your virtual shelf today and let the author know your thoughts- Nicely Done!

Cooking With Coconut Oil ~ Volume 1 by Author Samantha Sterling
In "Cooking With Coconut Oil", Author Samantha Sterling starts off by stressing the benefits of coconut oil in our daily diets. She encourages her readers to research the positive effects of coconut oil on their own. In doing so, they can discover just how healthy it is and then combine it with other products in order to create savory and nutritional meals. Ms. Sterling goes on to share 50 delicious recipes using this truly powerful and highly recommended ingredient. She also provides the caloric value of each serving size and the breakdown of nutritional information which is so valuable in making sure that we are getting the proper dietary balance. Bon appetit!
Inspirational Author & Book Reviewer ~ Dolores Ayotte
Up The "Down" Ladder: Simple Ideas to Overcome Depression

This book is just what it says it is - a collection of recipes. It does not preach at length about the

health benefits of cooking with coconut oil or eating a vegan diet. I suppose it's assumed that, you would not have bought a collection of vegan - coconut oil recipes if you weren't already aware of the many health and beauty benefits they promote. Personally, I was pleasantly surprised to find out all the recipes are vegan, as the cover, title and book description make no mention of this. At least when this review was written they didn't. The recipes are delicious and have a lot of variety - from soups to salads to shepherd's pie, quiche, chili and vegan burgers - you'll love them all.

Try this book and try using coconut oil! I love coconut oil. This is going to be interesting to try these recipes. They look easy enough yet I can challenge myself if I want with some of them. I may add more of my favorite item or leave one out but I appreciate having recipe books to refer to later or just to get ideas. I sometimes combine two or three dishes together to fit my taste. I will have fun!

A nicely done recipe book! I just love how Samantha provided great and nutritious recipes here with the use of coconut oil. My friend told me about its many uses and I'm now considering of getting some to use at home. Now that I have this recipe book, I guess preparing amazing meals at home can be my top 1 priority now! And the recipes, they all seem so yummy especially the Avocado Tacos and Vegan Chili. I can recommend this to anyone I know. The recipes and procedures are given properly in this book and don't forget, coconut oil makes all these healthier!

Fabulous collection of ideas and recipes to incorporate coconut oil into your life. The coconut has so many benefits, both internal and external. I've been using coconut oil for years and was amazed at how much I learned. The recipes, needless to say, are amazing! I would recommend this book to seasoned coconut lovers and the uninitiated alike.

Cooking with coconut oil has become one of my favorite recipe books of all time because this author provides very easy to understand and follow steps for you to cook with coconut oil. I have read many other books on coconut oil but I must say that this book is truly unique and will provide all the information that you will ever need.

Plenty of imaginative recipes for coconut oil. Quiches, curries, and various international flavors. Seems to be a popular book, probably because so many of the recipes seem pretty high quality to me and the couple that I tried came out good. This is worth checking out for anyone who is implementing coconut oil into their diet.

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