



Coconut Every Day: Cooking With Nature's Miracle Superfood

Sasha Seymour

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Over 100 great-tasting ways to cook and bake with coconut—the miracle superfood!

One of the world's most amazing and versatile foods, coconut in all its forms can be used to replace less healthy fats and carbohydrates to make delicious and healthy recipes every day. An ideal gluten-free alternative for those with dairy allergies and sensitivities, coconut is high in protein, fiber, and healthy fats, making it a hugely popular and delicious food choice as we grow more aware of the power of food for enhancing our energy and health. The naturally occurring health benefits of coconut include its ability to promote weight loss, boost immunity, fight disease, beautify skin and hair, and more.

Featuring beautiful color photography for each easy-to-make recipe, *Coconut Every Day* will introduce you to the great taste and nutritional benefits that come from cooking with coconut. Some recipes bring coconut flavor to the fore, and others use the coconut's milk, cream, oil, and flour to replace dairy and wheat. The versatility of coconut will allow you to use this book every day!

Inside you'll find over 100 recipes to kick-start your morning including smoothies, granolas, muffins, and pancakes. A wide variety of salads, soups, stews, curries, and meat and vegetarian mains are offered as great everyday meals for lunch and dinner. And if you like desserts, you'll find plenty of delicious recipes that incorporate gluten-free coconut flour and other nutritious gluten-free flours like brown rice flour and almond flour.

Coconut Every Day will show you how to use this health-boosting ingredient in a whole new way!

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