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Coconut: The Complete Guide to the World's Most Versatile Superfood (Paperback)

By Stephanie Pedersen

Sterling Publishing Co Inc, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. It is a new title from the popular Superfood series. Coconut has a wide range of health benefits and is perfect for both savoury and sweet dishes; and contains 75 recipes and advice on using every part of the coconut. It is perfect for dishes both savoury and sweet, coconut is delicious. It's a nutritional powerhouse, with health benefits that range from preventing dehydration to stabilizing blood sugar to increasing immunity. Find out how to choose, use and store every bit of the coconut (the meat, the water and the oil) along with 75 recipes that include coolers, smoothies, hot and cold cereals, baked goods (muffins, breads, bars), chilis, soups, stews, lunch bowls (like Mexicali Quinoa Pilaf), salads, sandwiches, snacks, spreads, dips, dinners, desserts and so much more. Dozens of informative sidebars provide interesting facts and background, and there's even information on making your own coconut-based beauty supplies!.



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