

THE COCONUT MIRACLE —COOKBOOK—

Over 400 Recipes to Boost
Your Health with Nature's Elixir



BRUCE FIFE, C.N., N.D.
author of The Coconut Oil Miracle, 5th Edition

Previously published as COCONUT LIPID'S COOKBOOK

Bruce Fife

The Coconut Miracle Cookbook: Over 400 Recipes to Boost Your Health with Nature's Elixir



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Bruce Fife, bestselling writer of *The Coconut Oil Miracle*, presents a companion cookbook and a complete guide to reaping all the wellness and beauty benefits of cooking food with coconut. Healthy, rich, and delicious, coconut is character' Coconut provides been shown to have countless health advantages, including: Weight loss Preventing cardiovascular disease, malignancy, diabetes, arthritis, and many various other degenerative diseases Strengthening the immune system Improving digestion Preventing premature aging of the skin Beautifying epidermis and hair Reap medical and beauty great things about coconut oil, milk, drinking water, and cream. the amazing results.s miracle healer. Experience and see *The Coconut Miracle Cookbook* clarifies the advantages of coconut, and displays readers how to include this superfood into meals every day with an increase of than 400 delicious quality recipes.



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I loved all of the recipes I loved all of the recipes, Let me learn some raw coconut recipes., almost every day of my life, I believe Bruce Fife's Coconut Miracle Cookbook is excellent! I would give one celebrity but I'm sure you will see a few dishes I can alter. Among nature's best kept secret Since coconut may be the new food tendency we have been using it a great deal.)... Anyone that has researched diligently understands that all of the ingredients mentioned here are not healthy for just one reason or another. Thought his first publication was informational,, etc.. I didn't tell my husband that which was in it and he actually liked in addition, it. Many that are far better are available. and this guy is supposed to be always a Naturopathic Doctor; provide me a break!. but simply because a cookbook for "Coconut, thought this is a flop.. Love this cookbook I've used this cookbook many, many times since I've gotten it. Recipes are simple and very tasty, I always have the ingredients.Go Natural - Use Coconuts As I am a Pacific Islander, born in Fiji, grew up using coconuts, (family members owned a coconut plantation) - oils, milk, water etc. I'll purchase another reserve, I was content with the reserve!), Legumes (Beans, green beans, peas, etc. This book is filled with information on how it functions and how best to make use of it in your food. And it makes the food taste better. Excellent info and recipes Excellent info and dishes! ALL of us should be finding more methods to incorporate coconut essential oil into our day to day lives! All Inclusive Book about Coconut Cooking I cannot critique this reserve without using a few of the recipes. I generally go through a cookbook first before I use any recipes. However, it appears all inclusive for using all coconut items, from flour to milk, to glucose to grated coconut. You can find extensive writings initially about coconut products and their benefits, how exactly to integrate them into your daily diet, etc. I cannot for wellness reasons use regular white or whole wheat grains, I just would have thought this would address that since it is definitely COCONUT MIRACLE cookbook. I use coconut flour, cassava flour and tiger nut flour as I am diabetic. I didn't tell my husband what was in . creamy cheese sauces. Demands linguine noodles, pastry shells, lasagna noodles, etc. I tried a couple of recipes they tasted great.. Thumbs up Five Stars I love these recipes Five Stars I LIKE THIS COOKBOOK. Four Stars AA++ Very disappointed What a dissappointment, I thought this might be a reserve using coconut flour, coconut glucose etc in quality recipes. Looking forward to the macaroon cookies! This is the biggest disappointing cookbook I today own. EASILY could send it back free of charge I'd return it. I tried a couple of dishes they tasted great. Many that are much better are available Uses wheat flour, sugar, corn, cornstarch, soy sauce, potatoes, sucanat, brown sugars, honey, bananas, rice, almonds and walnuts (both are known to decrease men's testosterone. I've various other Bruce Fife books, this was misleading. If you adhere to a healthy diet plan program this is simply not the book for you personally. I wish there were some pictures The recipes are actually good. I enjoy those things she prepares from it! Only, unless you have many recipes. If you don't have many recipes, I would give it a 3 or 4 4. For those who have lots of recipes, I'd provide it a one. I find no reason, to keep carefully the book. Its not necessary this book to achieve that. Amazingly, a lot of butter is utilized. The author collected recipes, and then changed oil to coconut oil and milk to coconut milk. The recipes are really good. I enjoy those things she prepares from it My Wife loves it and has used it numerous times. I desire there were some pictures. Four Stars Ok



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