



## Coconut Water and Coconut Oil

By Catherine Atkinson

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Coconut Water and Coconut Oil, Catherine Atkinson, Cook yourself healthy with coconut water and coconut oil. Harness the healing powers of a wonderful natural ingredient. It outlines the many benefits of coconut, from aiding weight loss and helping to keep our hearts healthy to boosting our immune systems and rehydrating our bodies after exercise. It includes a directory of coconut products along with step-by-step techniques for: preparing young and mature coconuts and their flesh; making your own coconut milk, cream, butter and flour; and a range of coconut recipes, such as risotto, ceviche, salad dressing, pastry and frosting. It features 70 delectable dishes made with coconut products. Hydrating, nourishing and versatile, coconut water is the ultimate health-boosting drink and cooking ingredient and, together with coconut 'miracle' oil, can be used to turbo-charge your food's nutritional value. This beautiful new book explores the astonishing and varied benefits of the humble coconut, from its history and uses to a directory of all the different coconut products - explaining how to prepare and cook them, as well as their benefits for our hearts, immunity and overall health. It also includes 70 illustrated recipes for Drinks and...



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