



Coconut Oil Recipes: The Amazing Power of Coconut Oil. It's Uses, Cures, Benefits as Well as Healthy and Delicious Meals You Can Easily Make at Home Using Coconut Oil for Breakfast, Lunch

By Sarah Sophia

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Coconut Oil Recipes The Essential Kitchen Series, Book 78 Discover the Amazing Power of Coconut Oil: Its Uses, Cures, Benefits, as well as Healthy and Delicious Meals You Can Easily Make at Home Coconut Oil is one of nature's healing wonders. It has been proven to improve memory, retard Alzheimer's disease, and improve brain function. This all-natural oil is packed with flavor and a variety of curative properties, giving it nutritional value for any diet. Consuming coconut oil has a number of systemic benefits including increased energy levels, enhanced metabolic functions, and a bolstered brain activity. So, keeping that in mind, a step in the right direction today can make all the difference in how you feel and how your body and brain perform tomorrow. Learn to appreciate life a little bit more, build a sense of confidence, and adopt an attitude of well-being by preparing the amazing recipes contained in this Essential Kitchen Series Recipe Book! Here's a small sample of the recipes we've included in this collection: Apple, Banana Spinach Smoothie Creamy...



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Reviews

Merely no words to clarify. I could comprehend almost everything using this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lori Terry**

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-- **Gordon Kertzmann**