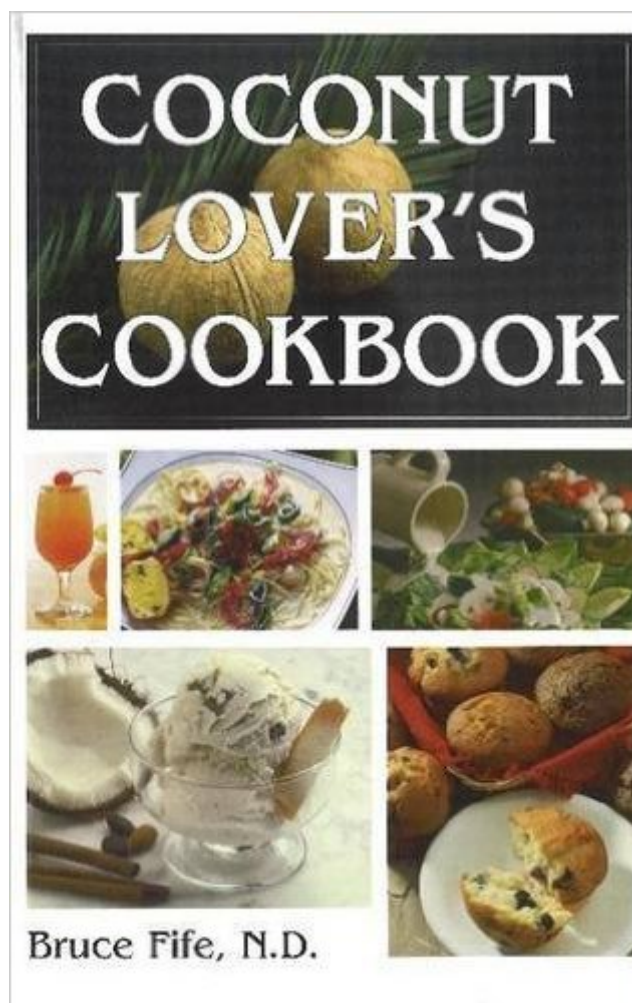


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Coconut Lover's Cookbook: 4th Edition



Synopsis

If you like coconut, you will love this book. It's written for coconut lovers as well as for the growing number of health conscious individuals who recognise coconut as a marvellous health food. Every recipe contains coconut in one form or another. Some recipes such as Coconut Battered Shrimp and Coconut Macaroons use shredded or flaked coconut. Others such as Chicken A La King and Strawberry Chiffon Pie use coconut milk or cream in place of dairy. The salad dressings and mayonnaise recipes are based on coconut milk and oil. This book contains nearly 450 recipes with a mixture of both vegetarian and non-vegetarian dishes to choose from. You will find recipes for creating savoury main dishes, appetising side dishes, satisfying snacks, and nutritious beverages. You will find recipes for dairy-free smoothies and blender drinks, creamy soups and hearty chowders, delicious curries, stews, and casseroles. If you like desserts, you will find plenty here to choose from, including German Chocolate Cake, Coconut Pecan Pie, and Chocolate Almond Ice Cream. Concerned about sugar? No problem. Every sweet or dessert recipe includes a low sugar version. These recipes use very little sugar or none at all.

Book Information

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Customer Reviews

I bought this book after reading The Coconut Oil Miracle by Bruce Fife. I've been dealing with different medical issues and doctors haven't been able to agree on what exactly is causing my conditions or how to cure them. I thought I would give coconut oil a try. This book is very helpful in that the recipes are easy and the ingredients common and available at most grocery stores (although I find most of the products here on [Amazon](#) for a way better price!!). I would recommend this book,

especially if you are just learning about using coconut oil, milk, meat, etc.. because the author explains the do's and don'ts and how the ingredients will affect the outcome of the recipe.

If you don't own a Bruce Fife book on coconut, you're missing out. He provides an education about coconut in every book he writes. We own almost all of them, including the one on coconut flour. This book is one of the first Fife books we bought and we use it every day, especially for the smoothie recipes. The ones with coconut milk are amazing. The curried salmon is quite good. We're ready to try some of his Indian recipes. I do wish there were more vegetarian recipes, but all in all, a tasty way to add coconut oil to your diet.

I picked this up while looking for holiday books. I wanted a recipe for Coconut shrimp soup, but what I found was a wonderful collection for everything coconut. If you want to include a healthy fat into your diet and have wondered how to incorporate virgin coconut oil, then give this book a try. I don't think you will be disappointed.

I rec'd this book for Christmas after telling my dh I wanted it. Had I been able to "look inside", I would have known it wasn't for me. I wanted coconut flour recipes, coconut oil recipes. Most of these use regular flour and coconut milk. Very few even use the healthy coconut oil. These recipes are not for diabetics or low carbers. He's using regular recipes and subbing coconut milk for the liquids (in a lot of the recipes). I feel that the title is rather misleading being from this author, who touted the coconut as being healthy yrs ago. I expected healthy recipes. White flour is no more healthy than the rocks in a creek bed. So you use coconut milk in a recipe w/ white flour and white sugar. Don't kid yourself if you're looking for healthy. But.....if you don't cook well, don't eat healthy and you just like the title of the book, the recipes are fine. Sure, I'm gonna get the Coconut Flour book, but I wouldn't have tht Mr Fife to have put his name on a book w/ so many unhealthy recipes.....live and learn.....anything for that extra buck I guess. Hope this review helps,

I was hoping this book would have low-carb recipes since coconut flour is low in carbs, but the recipes use sugar and other high-carb ingredients in them.

I read this book after reading Dr. Fife excellent and life saving book "Stop Alzheimer's Now". That book contains the best description of the Human body and why good nutrition is important to it. I needed the book that shows you how to cook with this great oil. I had a friend and she and I

experimented and got a lot of good ideas from this simple cooking book. It is addressed to the "Coconut lover" and that includes me and my friend.

I have already used several and I mean several recipes from this book and have not had a single one that was not a GREAT hit with the family.

I have had the Coconut Lover's Cookbook for about three years and tried recipes from every category- entrees, side dishes, breads, muffins, desserts (cookies, cakes, puddings & pies) and they are all super! The recipes are simple to follow & have very basic ingredients~ if you like coconut, you will LOVE this cookbook. I bought this cookbook for my daughter as a Christmas gift (along with coconut oil, coconut milk and a few other key ingredients) and she loves it too. My sister-in-law has asked me for some of the recipes and I am planning to buy her the cookbook for her birthday!

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