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The Complete Coconut Cookbook: 200 Gluten-free, Grain-free and Nut-free Vegan Recipes Using Coconut Flour, Oil, Sugar and More

Camilla Saulsbury

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Coconut is a "hot" ingredient among foodies, primarily for its rediscovered healthy impact.

Always a delicious ingredient and often a decadent treat, coconut is now embraced with a new enthusiasm that borders on obsession. Its rich, smooth and creamy textures add to the compelling and considerable health and nutrition benefits of pure coconut products.

Despite the mounting evidence supporting the health benefits of coconut and the ever-increasing number of coconut products in supermarkets, comprehensive guidance on how to use such products lags behind. *The Complete Coconut Cookbook* offers home cooks the delicious, convenient coconut using its entire range of special ingredients.

Everyone, from hardcore health-foodies to recreational cooks and everyone in between, will enjoy these all-natural, high-energy, top-notch coconut recipes which can all be made with ease and flair. The 200 innovative recipes cover a broad spectrum of fresh flavors and textures and provide delicious and dependable results. Perhaps most importantly, there is a complete nutritional analysis for every recipe.

Camilla Saulsbury includes coconut recipes for virtually every occasion and every time of the day: Breakfast, Breads and Muffins, Beverages, Salads, Vegetable Sides, Soups and Stews, Main Dishes, Cookies and Cakes and Desserts.

For example a nutritious start is Coconut Waffles, a late afternoon snack is Coconut Flour Zucchini Bread, and a sit-down hearty dinner is Southwestern Sweet Potato and Poblano Soup.

An unusual feature is a comprehensive section on the science of coconut nutrition along with a survey of user-friendly nutrition information about each coconut ingredient and "how-to" data for each coconut product.

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