

Coconut 24/7 (Paperback)



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HarperCollins Publishers Inc, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Sales of coconut water doubled between 2011 and 2012 and they re still climbing as athletes and celebrities tout the benefits of coconut water. Coconut flour is becoming more widely available and being embraced by the paleo, gluten-free and wheat-free communities. Coconut sugar, now too, is being seen as beneficial for people trying to control their diabetes. And sales of coconut oil are skyrocketing. Coconut is the newest and hottest superfood. It s also a trend outside of the world of food, as cosmetic and beauty companies are trumpeting the anti-aging and health benefits of coconut oil and incorporating it into their products. Coconut 24/7 will include recipes that use coconut water (smoothies, juices, soups etc.), main dishes with coconut oil, baked goods with coconut flour and a raft of other easy, delicious recipes. And with Pat s expertise as an herbalist, there will also be tips on making your own moisturizers, balms and creams with coconut.



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