



Coconut Oil Cookbook: : Quick and Easy Recipes for Busy People Who Want to Eat Healthy (Paperback)

By Ginger Langley

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Coconut oil is the latest breakthrough for men and women who want to eat healthy and have a more active lifestyle. If you have food allergies, or if you want to break free from vegetable oils and olive oils, then you ll be surprised at how much better your food will taste and how good you ll feel when you begin cooking with coconut oil. Coconut oil is a natural food that is making its appearance on more shelves these days in local grocery stores as well as online. Coconut oil is an edible oil that has been extracted from the kernel or meat of matured coconuts that have been harvested from the coconut palm (Cocos nucifera). Known for various uses in food, medicine, and industry, it boasts a high saturated fat content that makes it slow to oxidize. Due to its attributes, coconut oil is resistant to rancification, and can last up to two years without spoiling. The same cannot be said for vegetable oils, canola oils, or olive oils. The simple way to get started is to...



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