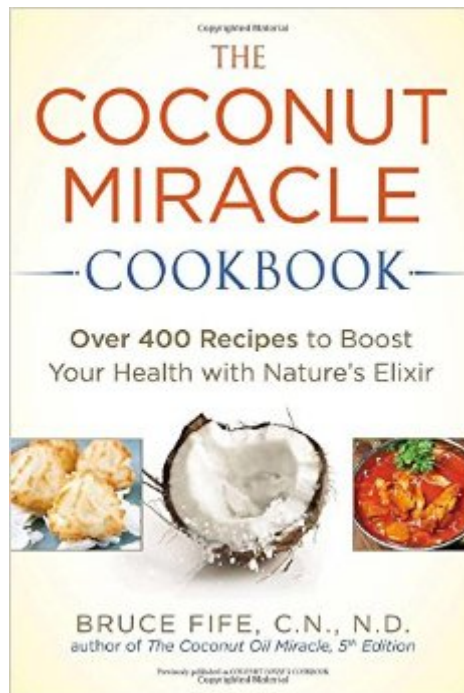


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# The Coconut Miracle Cookbook: Over 400 Recipes To Boost Your Health With Nature's Elixir



## Synopsis

Bruce Fife, bestselling author of *The Coconut Oil Miracle*, presents a companion cookbook and a complete guide to reaping all the health and beauty benefits of cooking with coconut. Healthy, rich, and delicious, coconut is nature's miracle healer. *The Coconut Miracle Cookbook* explains the benefits of coconut, and shows readers how to incorporate this superfood into meals every day with more than 400 delicious recipes. Coconut has been shown to have countless health benefits, including: Weight loss Preventing heart disease, cancer, diabetes, arthritis, and many other degenerative diseases Strengthening the immune system Improving digestion Preventing premature aging of the skin Beautifying skin and hair Reap the health and beauty benefits of coconut oil, milk, water, and cream. Feel "and see" the amazing results.

## Book Information

Paperback: 256 pages

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Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (48 customer reviews)

Best Sellers Rank: #73,950 in Books (See Top 100 in Books) #22 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #690 in Books > Health, Fitness & Dieting > Nutrition #1201 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

As I am a Pacific Islander, born in Fiji, grew up using coconuts, (family owned a coconut plantation) - oils, milk, water etc., almost every day of my life, I think Bruce Fife's *Coconut Miracle Cookbook* is excellent.!

If your looking for a companion book to go along with *The Coconut Ketogenic Diet* then you might be disappointed. I wanted a recipe book for all meals of the day.while it had some recipe's that were not in the previously mentioned book, it was mainly just a reiteration of his other book .

This book was a gift to my daughter. She was not knowledgeable on receipeswith Coconut, but I

was glad you had this "Coconut Miracle cookbook. She loved it. She loves to try all kinds of recipes...this book has given us many ideas for food to be cooked for this Thanksgiving and Christmas. Thank you much.

with a degree in nutrition this book open up a whole new world to me. I will use coconut oil in many ways that I had no idea that would better my life.

Nowhere on the cover or the back or the editorial review of the book does it say that this book DOES NOT INCLUDE COCONUT FLOUR RECIPES. Why did they leave out this important bit of information. There is a coconut flour recipes book by the same author. I thought that perhaps this will have more coconut flour recipes included. I learned that this was not the case only after buying the book.

Looks like a wonderful conclusive healthy recipes cookbook. Have only had time to use a couple of recipes and they were delicious. I know I will continue as a favorite foods book ----and healthy.

Love it, simple and easy. Prefer to have pictures.

I've used this cookbook many, many times since I've gotten it. Recipes are simple and very tasty, I always have the ingredients.

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Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel (Miracle Girls Novels)  
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