



**Coconut Oil Recipes: The Amazing Power of  
Coconut Oil. It's Uses, Cures, Benefits as Well as  
Healthy and Delicious Meals You Can Easily Make  
At Home ... (The Essential Kitchen Series) (Volume  
78)**

*Sarah Sophia*

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# **Coconut Oil Recipes: The Amazing Power of Coconut Oil. It's Uses, Cures, Benefits as Well as Healthy and Delicious Meals You Can Easily Make At Home ... (The Essential Kitchen Series) (Volume 78)**

*Sarah Sophia*

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Sarah Sophia

## **Coconut Oil Recipes**

**The Essential Kitchen Series, Book 78**

**Discover the Amazing Power of Coconut Oil: Its Uses, Cures, Benefits, as well as Healthy and Delicious Meals You Can Easily Make at Home**

Coconut Oil is one of nature's healing wonders. It has been proven to improve memory, retard Alzheimer's disease, and improve brain function. This all-natural oil is packed with flavor and a variety of curative properties, giving it nutritional value for any diet. Consuming coconut oil has a number of systemic benefits including increased energy levels, enhanced metabolic functions, and a bolstered brain activity.

So, keeping that in mind, a step in the right direction today can make all the difference in how you feel and how your body and brain perform tomorrow. Learn to appreciate life a little bit more, build a sense of confidence, and adopt an attitude of well-being by preparing the amazing recipes contained in this Essential Kitchen Series Recipe Book!

Here's a small sample of the recipes we've included in this collection:

Apple, Banana & Spinach Smoothie Creamy Spiced Broccoli Soup Blueberry & Oat Pancakes Curried Shrimp & Bell Peppers Soup And much, much more...

### **Healthy Nutrients Packed with Delicious Flavor**

Welcome the Coconut Oil Recipes Cookbook into your kitchen and break free from the mainstream, free yourself from malaise, and cleanse your system by pledging to eat a healthy diet. You've heard a lot lately from the media, online cooking shows and your doctor about natural foods to enhance neurological performance. Incorporate this newfound knowledge into your own diet by utilizing these tasty recipes.

Learn what thousands have already discovered in relation to nature's healing wonders: some ingredients exacerbate inflammation and disease, while others act as healing agents. There is no better way to learn the secrets of dietary metabolic control than by downloading this book, filled with an assortment of delicious coconut oil recipes.

### **Foster Healthy Choices and Habits**

It's your body; start the healing process today. Learn to take charge of its maintenance, turning the corner on

fatigue and pain.

**Adopt the idea of a healthy lifestyle and buy this cookbook today!**

You'll have absolutely no regrets, but will discover a new you, with bundles of energy and renewed vitality. When you purchase today, you will also get access to a special free gift from The Essential Kitchen Series (\$97 Value).

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