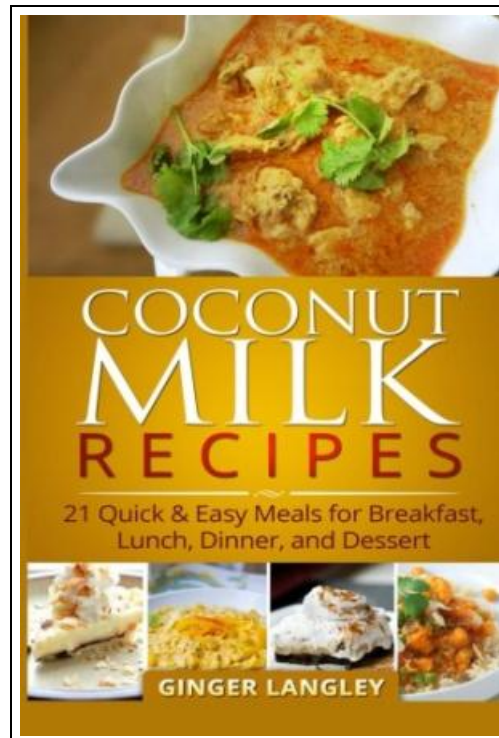


Coconut Milk Recipes: 21 Quick Easy Meals for Breakfast, Lunch, Dinner, and Dessert



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Reviews

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(Taylor Medhurst)

COCONUT MILK RECIPES: 21 QUICK EASY MEALS FOR BREAKFAST, LUNCH, DINNER, AND DESSERT

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Coconut milk can be substituted in any recipe that calls for cow s milk. Coconut milk recipes are excellent for the busy professional who wants to eat healthy yet avoid dairy products due to being lactose intolerant or allergic to cow s milk. Whether you decide to buy local or order organic unsweetened coconut milk online, one thing is for sure: your body s digestive system will be glad that you re eating natural and healthy foods. Some of the coconut milk recipes in this cookbook qualify for anyone who is following a Paleo diet lifestyle. Next to the title in those recipes, you ll see (Paleo Approved), which means that the ingredients adhere to the Paleo approved list of foods. I have prepared these recipes for myself, for family, and for friends.many of whom still eat according to the Standard American Diet (SAD). The reason this is mentioned is that when I have prepared many of these meals that are included in this cookbook and taken them to a local potluck lunch or dinner, someone always asks me for the recipe. Then when that person reads the ingredients, a look of surprise washes over their face. Then they ask about the coconut milk, commenting that they didn t taste the coconut. If you have never used coconut milk in your recipes, you might just be delighted with how good everything tastes. The best part is that you re keeping your body healthy. In this cookbook, you are presented with a recipe to make your own homemade coconut milk. Then, the recipes are grouped according to the meal type: Breakfast, Lunch, Dinner, Dessert. This cookbook...

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