



Coconut Kitchen: Nature's Most Beautifying Superfood

By Meredith Baird

Familius, 2015. Soft cover. Condition: New. 1st Edition. Coconut Kitchen explores all things coconut--the rising star of the world's superfood movement and one of nature's most versatile foods. Author Meredith Baird, one of the key authorities in the raw food movement for the last decade, touches upon the endless array of health benefits that the coconut offers--from health to wellness to beauty secrets--that have long been eliminated from the western diet. Through 60 recipes complemented with stunning full-color photography throughout, Coconut Kitchen provides recipes for breakfast, lunch, dinner, and dessert, plus amazing coconut beauty products.



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