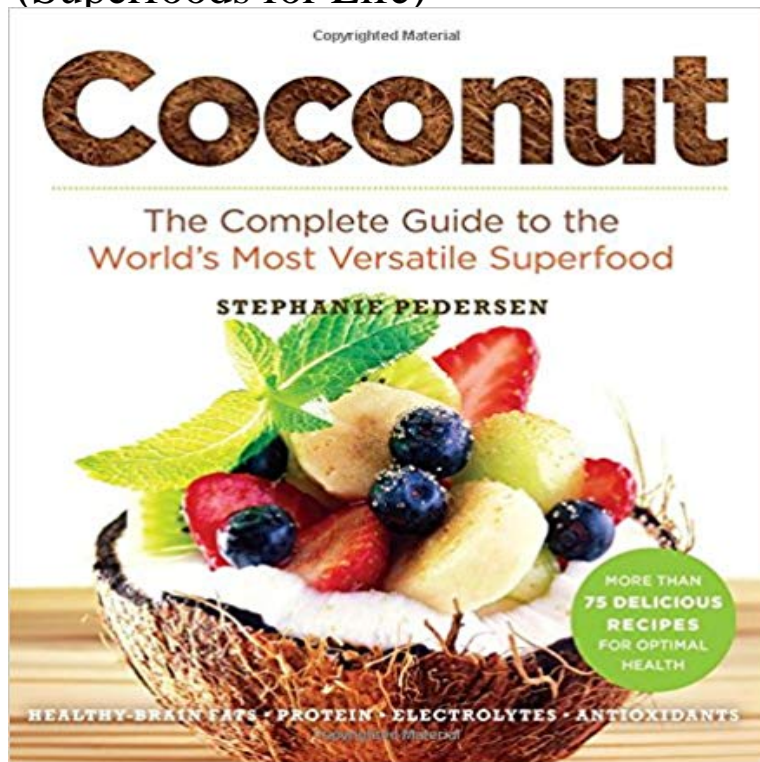


# Coconut: The Complete Guide to the Worlds Most Versatile Superfood (Superfoods for Life)



Perfect for dishes both savory and sweet, coconut is delicious and even better, its a nutritional powerhouse, with health benefits that range from preventing dehydration to stabilizing blood sugar to increasing immunity. Find out how to choose, use, and store every bit of the coconut the meat, the water, the oil along with more than 75 recipes that include coolers, smoothies, hot and cold cereals, baked goods (muffins, breads, bars), chilis, soups, stews, lunch bowls (like Mexicali Quinoa Pilaf), salads, sandwiches, snacks, spreads, dips, dinners, desserts, and so much more. Informative sidebars provide interesting facts and background.

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