



Coconut: The Complete Guide To The World's Most Versatile Superfood (Turtleback School & Library Binding Edition)

Stephanie Pedersen

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FOR USE IN SCHOOLS AND LIBRARIES ONLY. Perfect for dishes both savory and sweet, coconut is delicious--and even better, it's a nutritional powerhouse with myriad health benefits. Find out how to choose, use, and store every bit of the coconut, along with more than 75 recipes ranging from coolers and smoothies to lunch bowls (like Mexicali Quinoa Pilaf), salads, sandwiches, dinners, desserts, and more. Informative sidebars provide interesting facts, and there's advice on making coconut-based beauty supplies.

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