



# 100 Healthy Coconut Recipes: Paleo style: free of gluten, grains, dairy and refined sugar

*Tina Cordain*

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*"I've recently been diagnosed with gluten intolerance and this book with its wide variety of gluten free recipes was such a blessing for me! What I like most is that I can still indulge eating delicious baked goods without pain (and without guilt, who knew treats could be this healthy?). Recommended!"* **Jessica S. Davis**

## 100 Healthy Coconut Recipes

Are you a coconut lover like me? Following a Paleo style diet or just trying to eat healthy? Looking for new delicious ways to incorporate coconut products into your diet?

Then this recipe book is for you!

I have cooked with coconut products for almost 8 years and collected my 100 favorite recipes in this book. All recipes suit the Paleo way of eating; they are free from gluten, grains, soy, legumes, high omega 6 nuts/seeds (oils), additives and refined sugars. Only real whole healthy foods.

Recipes you will find in this book include:

- Smoothies
- Dressings and Sauces
- Soups
- Meat and Fish Dishes
- Salads and Sides
- Sweet Snacks
- Savory Snacks
- Chocolate
- Ice Cream
- Natural Body Care

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