


## Fantastic Recipes with COCONUT OIL

Most of these recipes are available on-line at [www.tropicaltraditions.com](http://www.tropicaltraditions.com) Simply look for the marker. 



### Coconut Smoothie

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- 10-12 ice cubes
- 1 cup of water
- 1-2 tablespoons [protein powder](#) (preferably from goat's milk)
- 1 tablespoon [Virgin coconut oil](#)
- 1 tablespoon [flax seeds](#) ground
- 1 teaspoon [pure vanilla extract](#)
- 3-4 tablespoons [coconut flour](#) (more if you want it thicker)

Place all ingredients in a blender and process at high speed until well combined. You may need more or less ice, depending on how cold you like a smoothie.

### Dr. Shetlin's Morning Smoothie

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- 3-5 ice cubes
- 1 cup of pure orange juice
- 1-2 tablespoons [protein powder](#) ((soy or whey or from goats milk)
- 1 tablespoon [Virgin coconut oil](#)
- 3-5 frozen strawberries
- 1 teaspoon [pure vanilla extract](#) (optional)
- 1 banana
- ½ cup of other healthy fruit juice or variety of other fruits (1 kiwi, few slivers of frozen peaches, other berries, as your palate dictates)
- 3 baby carrots
- ¼ cup baby spinach leaves
- (2 tablespoons [Univera – Xperia](#) (optional))



Place all ingredients in a blender and process at high speed for 30 seconds or until well combined. You may need more or less ice, depending on how cold you like a smoothie.

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Experiment with your recipes to see how the flavor affects them*

## Dr. Shetlin's Alternate Morning Smoothie

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- 1 cup of **Rice milk** (for more protein – **Soy milk**)
- 2-3 tablespoons *organic* vanilla yogurt
- 1 teaspoon [Virgin coconut oil](#)
- 3-5 frozen strawberries )
- 1 banana
- ½ cup of other healthy fruit juice or variety of other fruits (1 kiwi, few slivers of frozen peaches, other berries, as your palate dictates)
- 1 teaspoon powdered greens
- (2 tablespoons [Univera – Xperia](#) or [Essentials](#) (optional))

Place all ingredients in a blender and process at high speed for 30 seconds or until well combined. You may need more or less ice, depending on how cold you like a smoothie.



## Yogurt Energy Drink

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- 1/2 cup plain yogurt (preferably whole milk organic, can be flavored, like vanilla)
- 1 banana, cut into 2 pieces
- 2 eggs - raw/organic
- 2 tablespoons [Virgin Coconut Oil](#) (melted)
- 2 tablespoons [Flaxseeds](#) (ground)
- crushed ice (optional)

Put yogurt, banana, egg yolk, flaxseeds and coconut oil in a blender. Blend it at medium speed. Put crushed ice in and blend again. Good for 2 servings.

### Comments:

1. You can substitute flaxseeds with almond nuts, sesame seeds, sunflower seeds and other healthy nuts and seeds that you prefer.
2. You can also freeze this and eat it as frozen yogurt.
3. This drink is good as a quick digestive breakfast food and gives you a lot of energy in the morning that lasts until lunch.

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## Homemade Coconut Milk

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- 1 1/2 cups water
  - 7/8 cup dry [unsweetened shredded coconut](#)
1. In a medium-size kettle, heat the water, but do not bring it to a boil.
  2. Place the coconut in a blender and add 1 cup of the hot water.
  3. Blend for 2-3 minutes.
  4. Place a colander in a bowl and line the colander with 4 thicknesses of cheesecloth.
  5. Pour the blended coconut mixture into the cheesecloth and twist to extract the milk, letting the milk go into the bowl.
  6. Return the coconut pulp to the blender and add the remaining 1/2 cup of hot water. Blend for 1-2 minutes, strain and press through the cheesecloth into the bowl.

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## *Breakfast*

### Dr. Shetlin's Protein Pancakes



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- 2 cups of Krusteaz pancake mix
  - 1-2 tablespoons [Virgin Coconut Oil](#) (melted)
  - 1-2 tablespoons [protein powder](#) (soy or whey or from goats milk)
  - 1 ¼ to 1 ¾ cup of water
1. Mix ingredients in a mixing bowl adding water as you mix until the batter is the thickness you prefer.
  2. Cook on skillet on medium heat.

### Dr. Shetlin's Protein Crepés



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- 2 cups of Krusteaz pancake mix
  - 1 egg
  - 1-2 tablespoons [Virgin Coconut Oil](#) (melted)
  - 1-2 tablespoons [protein powder](#) (soy or whey or from goats milk)
  - Water.

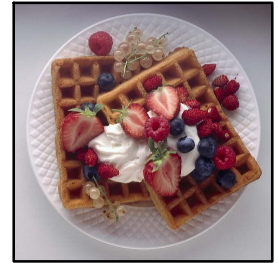
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1. Mix ingredients in a mixing bowl adding water as you mix until the batter is thin and smooth.
2. Cook on a round skillet or frying pan on medium heat.
3. Roll the Crépé around a stuffing of your choice (fruit, fruit with glaze, shredded chicken with white sauce)
4. Serve warm or cold



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## Dr. Shetlin's Oatmeal Waffles



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- 2 cups of Krusteaz pancake mix
  - 1-2 tablespoons [Virgin Coconut Oil](#) (melted)
  - 2 eggs
  - 1 teaspoon of pure vanilla extract
  - 1 Cup cooked oatmeal
  - 1-2 tablespoons [protein powder](#) (soy or whey or from goats milk) (optional)
  - 2 Cups water
3. Mix ingredients in a mixing bowl adding water as you mix until the batter is the thickness you prefer.
  4. Cook in the waffle iron for 2 ½ to 3 minutes.

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## Entrées



### Veggie Scramble

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- 1 tablespoon [Virgin Coconut Oil](#)
- 2 tablespoons zucchini, finely chopped
- 1 tablespoon onion, minced
- 2 cherry tomatoes, quartered
- 1-2 eggs
- 1 tablespoon milk, cream, or plain almond milk
- [Himalayan Salt](#)
- [Black pepper](#)

1. In a small pan, melt the coconut oil. Add the zucchini and onions and sauté until tender.
  2. Next, add the cherry tomatoes, stir and sauté for 2 minutes.
  3. While the vegetables are sautéing, beat the eggs with milk in a small bowl. Add salt and pepper to taste.
  4. Pour eggs into the pan and scramble lightly.
- Serves 1-2



### Healthy Coconut Fried Shrimp (no trans fats!)

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- 1 lb. lg. fresh shrimp, peeled
- 1/2 cup organic [coconut flour](#)
- 1/4 cup organic [corn starch](#)
- 1/2 teaspoon fine [Himalayan salt](#)
- 1/2 cup water
- 2 eggs
- 2 1/2 cups organic [shredded coconut](#)
- 1/2 cup [Virgin Coconut Oil](#)
- 1/2 cup [Virgin Palm Oil](#)

Mix the coconut flour, corn starch, salt, water, and eggs in a bowl with a fork until blended together. Dip the shrimp in the batter and then roll in the shredded coconut. Heat the coconut oil and palm oil in a skillet at about 375 degrees. Fry the shrimp until golden

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brown - about 1 minute per side. Drain on paper towels before serving. **Note:** If you don't want the taste that the Virgin Palm Oil imparts, use organic [Palm Shortening](#) instead.



## Chicken with Citrus-Garlic-Ginger Sauce

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- 3 1/2 lb. chicken, disjointed and breasts de-boned or 1 [whole chicken](#)
- [Himalayan salt](#), to taste
- [Black pepper](#), freshly ground, to taste
- 3-4 tablespoons [Virgin Coconut Oil](#)
- 1 tablespoon garlic, minced
- 1 tablespoon fresh ginger, peeled and minced
- 1 tablespoon lemon zest
- 1 tablespoon lime zest
- 1 cup chicken stock, preferably fresh

1. Disjoint chicken thighs and legs and de-bone breasts, reserving carcass and wings for chicken stock, if using a whole chicken, or use pre-cut chicken; reserve wings and neck for broth
2. Season chicken pieces with salt and pepper on both sides to taste.
3. Heat two tablespoons coconut oil in sauté pan over medium-high heat until shimmering.
4. Brown chicken pieces on all sides until golden brown and set aside (chicken will not be done).
5. Add garlic, ginger, and citrus zests to pan, tossing until softened and fragrant.
6. Deglaze pan with chicken stock, scraping up browned bits in pan. Return chicken to pan, cover, and simmer over low heat until chicken breasts reach 165° F (75° C) and thighs and legs reach 175° F (80° C). Remove chicken to serving platter as pieces reach target temperature.
7. After all the chicken is cooked, finish the sauce by swirling in 1-2 tablespoons virgin coconut oil. Pour sauce over chicken and reserve some to drizzle over spinach and/or red rice.

Serve over steamed spinach or [red rice](#).

Serves 4



## Thai Coconut Salmon

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- [Homemade Coconut Milk](#)
- 1 tablespoon red curry paste
- 1/4 to 1/2 cup fish sauce
- 1 tablespoon [organic whole sugar](#)
- 12 ounces fresh salmon or similar firm-fleshed fish
- Several fresh basil leaves (optional)
- 1 cup cooked [brown, black or red rice](#) (optional)
- 2-3 bunches spinach, steamed (optional)

1. In a wok or large skillet, heat coconut milk over medium heat. Add curry paste and stir constantly. Simmer until paste is dissolved. Add fish sauce and sweetener and cook for 1 minute.
2. Place salmon into the mixture and simmer while spooning mixture over fish. Cook for 8 minutes or until fish is completely done (opaque in center).
3. Garnish with fresh basil leaves, as desired.
4. Serve over brown and wild rice or steamed spinach. Suggest: 1/4 cup rice per serving.

Serves 3-4



## Chicken Cacciatore

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- 2 1/2 pound [whole chicken](#), to 3-Pound Cut Up
- 1/2 cup [Virgin Coconut Oil](#)
- 1 cup [coconut flour](#)
- 2 1/2 cups sliced onions, thinly Sliced
- 5/8 cup green pepper, chopped
- 2 1/2 cloves garlic, crushed
- 1 24-ounce jar [strained tomatoes](#)
- 4 jars 7 oz. [tomato paste](#)
- 7 1/2 ounces sliced fresh mushrooms, drained
- 1 1/4 teaspoons [Himalayan fine salt](#)
- 1/3 teaspoon [oregano](#)

Procedure:

1. Wash chicken and pat dry.
2. Heat Virgin Coconut Oil in large skillet until almost smoking.
3. Coat chicken pieces with coconut flour.

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4. Cook chicken in Virgin Coconut Oil over medium heat 15 to 20 minutes or until light brown. Remove chicken. Set aside.
5. Add onion rings, green pepper, and garlic to skillet. Cook and stir over medium heat until onion and pepper are tender.
6. Stir in remaining ingredients.
7. Add chicken to sauce. Cover tightly. Simmer 30 to 40 minutes or until thickest pieces are fork-tender.



## Chicken Curry

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- 1 [whole chicken](#) cut into 6-8 pieces
- 3 Tablespoons of [Virgin Coconut oil](#)
- 2 Tablespoons of [organic coconut flour](#)
- 1/2 teaspoon fine [Himalayan salt](#)
- 1/4 teaspoon [black pepper](#)
- 1 Tablespoon chopped fresh ginger root
- 1/4 cup chopped onion
- 4 cloves garlic
- 1 Tablespoon [curry powder](#)
- 2 cups chicken stock (you can use the neck and carcass to make this)
- 1/4 cup water

### Procedure:

In a frying pan sauté garlic, onion, ginger, with coconut oil. Add the cut-up chicken, slightly brown the chicken. Add chicken stock, simmer for 15 minutes. Add salt, black pepper and curry powder. Cover the pan. Continue cooking for another 5 minutes. Dissolve coconut flour in 1/4 cup of water. Stir it into the pan. Continue cooking for another 5 minutes.

Serve over [Bhutanese Red Rice](#).

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# Soups



## Coconut Cream Mushroom Soup

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- 1 cup boiling water
- 1-1/2 lbs mixed fresh mushrooms (your choice of varieties), trimmed and sliced
- 2 onions, finely chopped
- 4 cloves garlic, minced
- 1/2 tsp dried thyme leaves or 2 sprigs fresh thyme
- 1 tsp [Himalayan salt](#)
- 1/2 tsp [cracked black peppercorns](#)
- 1 bay leaf
- 4 cups organic vegetable or beef broth
- 1 cup [homemade coconut milk](#)
- 4 tbsp. [Virgin Coconut Oil](#)

### Instructions:

1. In a heatproof bowl, soak mushrooms in boiling water for 30 minutes. Drain through a fine sieve, reserving liquid. Pat mushrooms dry with paper towel and chop finely. Set aside.
2. In a skillet heat 1 tbsp (15 mL) Virgin Coconut Oil over medium heat. Add fresh mushrooms and cook, stirring, until they lose their liquid. Transfer to slow cooker stoneware.
3. In same pan, melt remaining 3 tbsp. Virgin Coconut Oil. Add onions and cook, stirring, until softened. Add reserved mushrooms, garlic, thyme, salt and peppercorns and cook, stirring, for 1 minute. Transfer to slow cooker stoneware. Add bay leaf, broth, coconut milk and reserved mushroom soaking liquid and stir to combine.
4. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours. Discard bay leaf.
5. When ready to serve, ladle soup into individual bowls.

### Comments:

You don't need to have a slow cooker to make this, adjust times accordingly for stove-top prep.

Portions: 6 to 8

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## Southwestern Black Bean Soup

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- 2 tablespoons [Virgin Coconut oil](#)
- 1 large onion, chopped
- 3 garlic cloves, minced
- 6 cups water
- 2 cups black beans, soaked over night and drained or three
- 15-ounce cans [black beans](#), drained
- 1 cup fresh corn kernels, cut off the cob, or frozen corn
- 1 4 1/2-ounce can diced green chilies or 2 tablespoons diced fresh mild green chili
- 1/4 cup chopped [cilantro](#)
- 2 tablespoons [tomato paste](#)
- 1 teaspoon ground [cumin](#)
- 1 teaspoon dried [oregano](#)
- 1/2 teaspoon [chili powder](#)
- Pinch freshly [ground pepper](#)
- 1 teaspoon [Himalayan salt](#)

### **Garnish Options**

Chopped cilantro

Minced onion

Plain yogurt or sour cream

1. In a large soup pot or Dutch oven, melt the coconut oil. Add the onion and garlic and sauté until tender. Add the water and the beans and bring to a boil. Reduce the heat and simmer, covered, for 1 1/2 hours or until the beans are tender. (If using canned beans, simmer for 30 minutes.)
2. Stir in the corn, chilies, cilantro, tomato paste, cumin, oregano, chili powder, and black pepper, and simmer, uncovered, for 30 minutes, or until the soup is somewhat thickened. The longer it simmers, the thicker the soup will be. You may want to pour half or all the soup in a blender and puree, depending on taste. This will thicken the soup quickly and give it a nice, creamy consistency. Or, you may want to hold the corn until the soup is pureed, and then add. Add the salt at the very end and stir.
3. Pour the soup into bowls and top with your favorite garnishes.

Makes 4-6 servings

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## Salads



### Virgin Coconut Oil Coleslaw

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- 1 cup [Virgin Coconut oil](#)
- 2 tablespoon [organic whole sugar](#)
- 1 teaspoon dry mustard
- 1 teaspoon celery seed
- 1 teaspoon [Himalayan salt](#)
- 1 teaspoon white pepper
- 3/4 cup garlic [red wine vinegar](#)

Mix dry ingredients

Add vinegar

Slowly blend in Virgin Coconut Oil

Pour over shredded cabbage and enjoy.



### Coconut Chicken Finger Salad

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- 2 boneless, skinless [chicken](#) breasts
- 1/4 cup [unsweetened coconut flakes](#)
- 1/4 cup ground almonds
- 1 egg, beaten
- 2 tablespoons [Virgin Coconut oil](#)
- 4 cups mixed greens

Rinse chicken and pat dry. Cut the chicken into strips and set aside. Mix coconut flakes and ground almonds together on a dinner plate. In a medium-size bowl, beat the egg. Dip the chicken strips in the egg and roll each strip in the coconut-flax mixture. Heat the oil in a pan and sauté the chicken strips until completely opaque through the center. Sever over a bed of mixed greens with Lemon-Olive Oil Dressing or your favorite vinaigrette.

Serves 2

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## *Baked Foods*



### Banana Coconut Flour Muffins

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- 1 cup [Tropical Traditions Organic Coconut Flour](#)
- 6 eggs
- 2 ripe bananas (mashed)
- 2 Tbsp. melted butter
- 2 Tbsp. [Virgin Coconut oil](#)
- 2 Tbsp. milk
- 3 Tbsp. [honey](#)
- 1 tsp. aluminum free baking powder
- 1/2 tsp. [vanilla](#)
- 1/8 tsp. [Himalayan salt](#)

#### **Procedure:**

Pre-heat oven at 350 F degrees.

Mix coconut flour and baking powder (put it in separate bowl.) In a mixing bowl, beat eggs gradually, and then add milk, honey, coconut oil, butter, vanilla and salt. Continue mixing. Then add the coconut flour with baking powder and mashed bananas. Blend well. Grease 12 muffin cups with coconut oil. Fill greased muffin cups with the batter.

Bake at 350 degrees F for 20 minutes.

**Yield:** 12 muffins



### Lemon-Lime Coconut Flour Muffins

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- 2/3 cup [Tropical Traditions Organic Coconut Flour](#)
- 6 eggs
- 1/3 cup [Rapadura whole sugar](#)
- 2 Tbsp. [Virgin Coconut oil](#)
- 2 Tbsp. melted butter
- 2 Tbsp. milk

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- 1 Tbsp. lemon juice
- 2 tsp. lime juice
- 1 tsp. grated lemon peel
- 1 tsp. grated lime peel
- 1 tsp. aluminum free baking powder
- 1/8 tsp. [Himalayan salt](#)

**Procedure:**

Pre-heat oven at 350 degrees F.

Mix coconut flour and baking powder, and then set aside. In a mixing bowl, beat the eggs and gradually add sugar, milk, butter, lemon juice, lime juice, grated lime peel, grated lemon peel, and salt. Continue mixing. Gradually add the coconut flour with baking powder. Blend well. Grease 12 muffin cups with coconut oil. Fill the greased muffin cups with batter.

Bake at 350 degrees F for 20 minutes.

**Yield:** 12 muffins



**Pumpkin-Coconut Squares**

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- 1 can - 15 oz [Organic Pumpkin Pie Mix](#)
- 1/2 cup [Tropical Traditions Organic Coconut Flour](#)
- 1 tsp. aluminum free baking powder
- 3 eggs
- 2 Tbsp. of [Coconut Cream Concentrate](#) dissolved in 1/4 cup water
- 2 Tbsp. butter
- 2 Tbsp. [Virgin Coconut Oil](#)

**Procedure:**

Pre-heat oven at 350 degree F.

Mix the coconut flour with baking powder. Set aside. Blend all the rest of the ingredients and then mix with the coconut flour and baking powder mixture. Mix well. Grease an 8 x12 rectangular pan with coconut oil. Pour the mixture on the pan.

Bake at 350 degree F for 45 minutes.

Test to see if it is already done by inserting a clean toothpick in the middle. When the toothpick comes out clean or with no residue, the mixture is done.

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Cool down. Cut into squares.

## Dr. Shetlin's Zucchini-Banana bread

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Unfortunately this requires sugar of some kind but it uses 3 of the good oils! ☺

Cream together:

- ½ Cup Butter
- ¼ Cup [Tropical Traditions Organic Coconut Oil](#)
- ¼ Cup Olive Oil
- 2 Eggs
- 1 ½ cups sugar (Experiment with Fructose, molasses, honey, applesauce)
- 2 tsp. Vanilla
- ½ Cup Sour Milk (½ cup milk with 1 tsp. lemon juice)

Sift Together:

- 1 ½ Cups Flour and
- 1 Cup Wheat Flour
- 1 tsp. Soda
- ½ tsp. Cinnamon
- ½ tsp. Salt

### **Procedure:**

Pre-heat oven at 350 degree F.

Mix “creamed” items with “sifted” items. Add 1 CUP ZUCHINNI, grated, peeled and seeded. Add 2 RIPE BANANNAS after you have peeled and mashed them with a fork.

Lightly oil and flour (olive or coconut oil) 2 loaf pans.

Bake at 325 for 45 minutes. (If making mini-loafs, 20 to 25 minutes)

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## Condiments & Dressings



### Creamy Vinaigrette

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- 1/4 cup [red wine vinegar](#)
- 1 tablespoon finely chopped chives or scallions
- 1/2 teaspoon [Himalayan Salt](#)
- 1/4 teaspoon [organic whole sugar](#)
- 1 clove garlic, crushed
- Pinch savory or [oregano](#)
- Pinch [hot pepper](#)
- 2 tablespoons [Virgin Coconut oil mayonnaise](#)

1. In a small bowl, whisk together the vinegar, chives or scallions, salt, sweetener, garlic, savory or oregano, and cayenne.
2. Add the mayonnaise and whisk until well blended. Refrigerate until ready to use.

Makes about 4 servings



### Lemon Vinaigrette

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- 3 tablespoons fresh lemon juice
- 1 tablespoon [organic whole sugar](#)
- 2 tablespoons finely minced red onion
- 1/2 teaspoon lemon zest
- 1/4 teaspoon [Himalayan salt](#)
- 1/4 cup extra [virgin olive oil](#) or [Virgin Coconut oil](#) (melted if solid)

1. In a small bowl, whisk together all the dressing ingredients except the oil.
2. Slowly drizzle in the oil, holding it several inches above the bowl and pouring in a thin, steady stream, while whisking vigorously until the mixture thickens.

Makes about 8 servings

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## Coconut Mayonnaise

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- 1 whole egg
- 2 egg yolks
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon [Himalayan Salt](#)
- 1/4 teaspoon white pepper
- 1/2 cup [Virgin Coconut Oil](#) (melted if solid)
- 1/2 cup [extra virgin olive oil](#)

1. Put the eggs, Dijon mustard, lemon juice, salt, and pepper into a food processor or blender: Then with the processor or blender running on low speed, start adding your oils very slowly. Start out with drops and then work up to about a 1/16-inch stream. It should take about two minutes to add the oil.
2. Continue blending until there is no free standing oil.

Makes about 1 1/2 cups

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## Deserts



### Chocolate Bark

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- 4 T. (1/4 Cup) [Virgin Coconut Oil](#)
- 1-1.5 T. [Cocoa Powder](#)
- 2 oz. nuts (optional)
- 1/4 t. [organic whole sugar](#)

Melt the coconut oil to a liquid, add in cocoa powder and sweetener. Stir to combine and blend well.

Blend nuts into chocolate mixture. (optional)

Have chilled a metal bakeware lasagna or cake pan or pans in freezer for ten minutes or so. Remove from freezer and line with waxed paper. Then pour mixture into chilled pan and spread to desired thickness.

Pop it in refrigerator or freezer on level shelf and let it sit 10 minutes or so. It will harden quickly and breaks with a snap.



### Coconut Treats

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- 1/8 cup chopped nuts (almonds or pecans are good) (optional)
- 2 teaspoons [unsweetened coconut flakes](#); 4-5 teaspoons if rolling in coconut flakes
- 1 tablespoon [coconut oil](#); melted or softened if hard
- 1 teaspoon ground [flax seeds](#)
- 1/2 teaspoon pure [vanilla extract](#)
- 1/4 - 1/2 teaspoon [organic whole sugar](#) (sweeten to taste)
- 1/4 teaspoon almond extract (optional)
- 1/8 teaspoon [Himalayan salt](#)

Set the chopped nuts and 2-3 teaspoons of the coconut flakes aside, if rolling the coconut balls in the mixture. Or you may combine all ingredients in a small bowl and mix well. Form the mixture into a shape similar to a flattened macaroon and freeze. The ingredients freeze in about 5 minutes. The coconut treat will pop right out of the bowl and you can eat it like a cookie. Or you can divide the ingredients into two or three small balls. Mix

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together the chopped nuts and remaining coconut flakes on a flat plate and roll the balls in the mixture; freeze for at least 5 minutes.



## Coconut macaroons

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- 1 cup [coconut flakes](#)
- 2 Tbsp. warm water
- 1 whole egg
- 1 Tbsp. [honey](#)
- 1 tsp. [coconut oil](#) (for greasing the cookie sheet)

Mix warm water and honey together. Add the coconut flakes. Beat in the egg. Mix thoroughly. Form into ball and drop it by spoonful on the well greased cookie sheet. Bake at 400 degree Fahrenheit for 12-15 minutes.

Approximate yield: 1 dozen

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Comments: This is a healthy and delicious coconut cream pie recipe, made with a non-gluten crust using organic coconut flour!



## Coconut Cream Pie

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### Crust:

- 1 cup [coconut flour](#)
- 2 eggs
- 1 teaspoon [honey](#)
- pinch of [Himalayan salt](#)
- $\frac{1}{4}$  cup butter-*melted*
- 2 tablespoons [Virgin Coconut Oil](#)-*melted*
- $\frac{1}{2}$  cup [shredded coconut](#)
- 1 tablespoon water
- 1 egg white-*beaten*

Preheat oven to 350 degrees. In a large bowl with a wooden spoon, mix together the eggs, coconut flour, shredded coconut, honey and salt. Once well blended, add the butter, coconut oil, and water. Mix dough together with your hands until everything has blended together. Pat dough into a round pie pan. Press the dough firmly into the pan. When you are done forming the crust, take the egg white and beat it with a fork until frothy. With a pastry brush, brush the crust with the egg white and bake at 350 for 14 minutes. Cool completely on wire rack.

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Filling:

- ½ cup [whole sugar](#)
- ¼ cup [cornstarch](#)
- 1 tablespoon [vanilla extract](#)
- 1 cup [shredded coconut](#)
- 1 tablespoon butter
- 2½ cups heavy cream
- 3 tablespoons [Coconut Cream Concentrate](#)

Combine sugar, cornstarch, and shredded coconut together in a pot and slowly pour the heavy cream into the pot over medium heat. Add vanilla, butter and coconut cream concentrate while stirring with a wire whisk constantly. Bring mixture to a simmer and then reduce heat to medium low. Continue stirring until mixture becomes very thick and then turn the heat down to low. Cool the mixture in the pot with a cover for about 5 minutes. Pour mixture into cooled pie crust and place wax paper on the top of the pie to prevent skin formation on the filling. Place pie in a pan of cool water until the filling is completely cool. Top pie with whipped cream and garnish with toasted [coconut flakes](#) (optional.) Refrigerate until ready to serve and enjoy!!



### Coconut Flour Chocolate Cake (Gluten Free)

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- 1 cup [butter](#) - *softened*
- 1 2/3 cups [sugar](#)
- 10 eggs (at room temperature)
- ½ teaspoon [vanilla extract](#)
- 2 cups [coconut flour](#)
- 1 cup unsweetened [cocoa powder](#)
- 1 ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon [salt](#)
- 1 1/3 cup milk or half n half
- [Coconut oil](#)

Pre-heat oven to 350 degrees. Grease two 9 inch or 8 inch layer pans with coconut oil and dust with cocoa powder.

In an electric mixer fitted with the paddle attachment, combine butter and sugar, and beat together for about 2 minutes. Add eggs in one at a time and beat high speed for about 3 minutes. Add in the vanilla while beating the eggs and butter mixture. In a separate bowl, combine the dry ingredients together and add alternately with the milk to the butter mixture. Beat batter for about five minutes on high speed. Spoon batter into the two

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Experiment with your recipes to see how the flavor affects them*

prepared cake pans and smoothen out tops. Bake at 350 for 30-35 minutes, or until toothpick inserted into the center of cake comes out clean. Place pans on wire rack and cool for 10 minutes before removing from pans. Cool cakes completely before frosting. Use your favorite frosting to frost the cake.

Peppermint Chocolate cake variation: add 1 teaspoon peppermint extract to batter before pouring into pans and mix well. Frost cake with peppermint frosting or frosting of your choice.

Cupcakes: Make recipe as directed but spoon batter into muffin cups and bake for about 26-30 minutes. Frost after cupcakes have cooled completely. Makes about 24 cupcakes.

## Popcorn

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- 2 tablespoons [Virgin Coconut Oil](#)-melted
  - ½ to 1 cup of popcorn kernels
1. Heat oil and popcorn on the stove in pan with lid. Keep pan moving gently to slosh around oil and kernels as they cook.
  2. When all or most kernels are popped, serve.

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