Cooking with Coconut

GET HEALTHY, LOSE WEIGHT, & LIVE LONGER WITH COCONUT!

Introduction by Dr. Brenda Walding, DPT, FDN & Dr. Chad Walding, DPT, SFMA, RKC, OPEXL1
Recipes by Tami Monaghan, HC, AADP
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COCONUT IS a nutrient-dense super food that has been consumed by populations around the globe for thousands of years. The fruit of the coconut palm, coconut is abundant in vitamins, minerals, and fiber and can be consumed in the form of coconut water, milk, meat, oil, and flour.

Many traditional and contemporary cultures rely on the coconut for sustenance, medicine, and income. In addition to enjoying the coconut palm as food and medicine, traditional cultures used it to make tools, eating utensils, clothing, and fuel. Island societies refer to the coconut palm as The Tree of Life due to its myriad life-giving benefits.

Coconut palm trees can be found in tropical areas like Southeast Asia, Indonesia, India, Australia, the Pacific Islands, South America, Africa, the Caribbean, and the southern parts of North America.
Coconut Oil

**BY FAR** the most therapeutic component, coconut oil contains many medicinal properties. Science is now confirming its numerous health benefits, already known to traditional cultures for generations.

*Let’s look at the constituents of coconut oil that make it so amazing …*

**Coconut Oil Composition**

**COCONUT OIL** is one of the most nourishing, healing, and versatile oils on the planet. It is unique in that it contains an abundance (approximately 60 percent) of medium-chain fatty acids (MCFAs), which are unavailable in such high quantities in other fats (most contain long-chain fatty acids).

MCFAs include lauric acid, capric acid, and caprylic acid, which contain potent antimicrobial and immune-enhancing properties. Converted into monolaurin in the body, lauric acid makes up about half the MCFAs in coconut oil.

One of the components found in human breast milk, monolaurin helps prevent and fight off infections.

MCFAs are especially beneficial because they are easily absorbed and digested without the need for bile salts. That makes coconut oil an excellent source of fuel and a great way to boost energy levels and metabolism.

Coconut oil is 86 percent saturated fat (most being medium-chain fats). Because it is a saturated fat, coconut oil is highly stable and an excellent option for cooking at higher heats. It is also an ideal replacement for industrial seed vegetable oils such as canola and soybean oil (we will discuss why later). Coconut oil has a lengthy shelf life of at least two years when stored at room temperature and doesn’t require refrigeration.

**Why We Need Saturated Fats**

**DESPITE POPULAR** belief, saturated fats are not only good for you but are essential to developing and maintaining a healthy body. Saturated fats are necessary for the health of your brain and every cell in your body.
Fifty percent of our brain and cell membranes are made of saturated fat. These good fats protect the liver from toxins, deliver energy to the heart in times of stress, enhance immune function, decrease inflammation, and are required for healthy respiratory and endocrine systems.¹

Wait … I thought saturated fats were bad?

Many still believe the false notion that eating foods containing saturated fat is “bad” because it will increase cholesterol in the blood, clog our arteries, and cause heart attacks. Known as the lipid hypothesis, this theory has never been scientifically proven, and many other studies show there is no relationship between intake of saturated fat and increased risk of heart disease.²,³

Where does this idea come from?

The lipid hypothesis emerged in the 1950s at a time when cardiovascular disease was on the rise and the government and researchers were trying to make sense of it all. Unheard of before the 1920s, heart attacks had started occurring more frequently, accounting for 30 percent of all deaths by the 1950s.⁴

The anti-fat campaign and lipid hypothesis recommendations to reduce saturated fat gained momentum in the 1980s as the government attempted to combat rising heart disease. Unfortunately, the hypothesis was based on poorly executed and flawed research studies of questionable validity.

Performed by Ancel Keys, the notorious Seven Countries Study was among the flawed research studies vilifying saturated fat. It was later found Keys had not published all of his data; doing so would have proven there was no causal relationship between saturated fat and heart disease. Highly persuasive and media-savvy, Keys managed to secure a position on the American Heart Association’s advisory board. He was instrumental in getting the lipid hypothesis accepted by major health organizations, despite research from...
To be healthy and support the physiological functions of our bodies, we need quality fats—especially saturated fats like coconut oil.

many other scientists and experts disproving it. The government moved forward with the anti-fat campaign and low-fat dietary guidelines.5

Researchers who refuted the low-fat guidelines believed the rise in sugar and polyunsaturated vegetable seed oils as well as the reduction of traditional animal fats in the diet were to blame for the explosion of heart disease in the United States—not the saturated fats we had been consuming for generations prior to the first recorded heart attack in the 1920s.

The consumption of polyunsaturated vegetable seed oils (also known as industrial seed vegetable oils) such as canola, soybean, cottonseed, and corn oil skyrocketed as we replaced traditional saturated fats like butter, coconut oil, and lard.

In an attempt to reduce fat consumption, we ate more carbohydrates, typically in processed and refined forms.

The question we must ask ourselves is ... are we healthier because of it?

The answer is a resounding NO. Heart disease remains the leading cause of death in America, while other chronic diseases such as cancer, diabetes, and neurodegenerative conditions continue to escalate.

We now know these manufactured, highly processed industrial seed vegetable oils and the large consumption of processed and refined carbohydrates produce inflammation and toxic insult to the body and are partly responsible for the explosion of chronic disease in this country.6
Let’s look at why coconut oil is one of the healthiest oils on the planet …

The Top 10 Health Benefits of Coconut Oil

1) Enhances immunity and fights infections.

WHEN CONSUMED, coconut oil is broken down into medium-chain fatty acids, which have the ability to destroy or deactivate potentially harmful pathogens in the body. The most abundant MCFA in coconut oil is lauric acid, a substance that has proven antibacterial, antiviral, antifungal, and antiparasitic effects. Coconut oil also contains another MCFA, caprylic acid, which offers antimicrobial properties and is effective at addressing fungal infections such as candida.

While antibiotics only have the ability to target bacteria, coconut oil has the ability to kill off bacteria, viruses, fungi, and parasites. It has been shown to be effective in destroying viruses that cause the flu, herpes, measles, hepatitis C, and SARS. It has also been known to kill off bacteria such as listeria (causes food poisoning), staphylococcus, and streptococcus as well as bacteria that cause throat infections, urinary tract infections, gum disease, and ulcers.

As mentioned previously, fungal/yeast infections such as candidiasis, athlete’s foot, and ringworm can also be killed by the constituents in coconut oil. Coconut oil can even assist in the treatment of parasites such as tapeworms and giardia.

In addition to fighting off infections, MCFAs boost metabolism, which helps the body repair and heal quicker.

2) Decreases risk of heart disease.

TRADITIONAL CULTURES in areas such as Sri Lanka and Southeast Asia consumed coconuts and coconut oil as dietary staples for millennia. While eating their native diets, these cultures had some of the lowest incidences of heart disease in the world. Coconut is known to protect against heart disease and lower blood pressure.
According to Bruce Fife, ND, studies exist linking heart disease with low-grade bacterial and viral infections, which may even be a contributing factor.\textsuperscript{10} As discussed above, coconut oil is effective in fighting many of these infections.

Saturated fats also help reduce levels of CRP (C-reactive protein), which is an indicator of inflammation.\textsuperscript{11} Research shows medium-chain fatty acids have anti-inflammatory and antioxidant properties. Inflammation has been linked to heart disease and may be the underlying issue in all disease processes.\textsuperscript{12} The anti-inflammatory and antimicrobial properties of coconut oil may help protect us against the number-one killer in the United States: cardiovascular disease.

3) Promotes weight loss.

**THE CONSUMPTION** of MCFAs increases energy, boosts metabolism, and speeds weight loss.\textsuperscript{13, 14, 15} Eating meals containing MCFAs can accelerate your ability to burn calories up to 24 hours after a meal.

Coconut oil has a satiating effect. It helps prevent overeating, excess snacking, and overconsumption of empty calories, thus aiding in weight loss.

Sally Fallon and Dr. Mary Enig, authors of *Eat Fat, Lose Fat*, recommend consuming one to two tablespoons of coconut oil 20 minutes before each meal to enhance weight loss.

**They recommend:**
- 1 tbsp. if you weigh 90–130 lbs.
- 1½ tbsp. if you weigh 131–180 lbs.
- 2 tbsp. if you weigh 180+ lbs.

**NOTE:** For in-depth information about weight loss using coconut oil and a nutrient-dense diet, check out *Eat Fat, Lose Fat* by Sally Fallon and Dr. Mary Enig.


**ACCORDING TO** the American Diabetes Association, 29.1 million adults and children have diabetes in the United States. Type 2 diabetes is often accompanied by devastating health complications such as kidney failure, blindness, heart disease, stroke, and lower-limb amputation.\textsuperscript{16} The good news is that with adequate nutrition and lifestyle
too much sugar or glucose in the bloodstream, receptor sites become damaged, and insulin is no longer able to adequately get the glucose out of the bloodstream and into the cells. This leads to insulin resistance and, as mentioned above, is one of the primary factors involved in weight gain and other disease conditions such as type 2 diabetes and possibly even Alzheimer’s disease.

5) Improves digestion.

**COCONUT OIL** is easily digested and absorbed compared to other fats due to the high level of MCFAs. The body requires less energy and fewer enzymes to digest coconut oil, making it an excellent option for those who have compromised digestion, are coping with digestive disorders, and are malnourished. Cooking food in coconut oil also helps with the absorption of vitamins, minerals, and amino acids, which are crucial to healing and nourishing the body.

As mentioned previously, coconut oil contains compounds that fight off problematic pathogens. It

Insulin resistance is a key culprit in weight gain, obesity, and the development of type 2 diabetes. It results from chronically elevated blood sugar levels, typically caused by the overconsumption of sugar and processed/refined carbohydrates. When sugar or glucose levels in the blood increase after a carbohydrate-rich meal, insulin is secreted to shuttle the glucose out of the bloodstream and into the cells for energy. When there is consistently

choices, this disease can be prevented and often reversed. Coconut oil can help prevent and treat diabetes by improving blood sugar regulation and insulin sensitivity, ultimately hindering insulin resistance.
Coconut oil can be used to make natural deodorant, sunscreen, and other body care products. It also works great as a nontoxic eye make-up remover if you gently rub it on the eyelids and use a warm wet cloth to remove it.

Coconut oil is used worldwide to nourish hair and keep it vibrant and healthy. It is an excellent conditioner and can be used to prevent or treat dry and damaged hair. The antimicrobial properties of coconut oil help treat scalp conditions such as acne, eczema, and psoriasis.

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COCONUT OIL applied topically to the skin moisturizes and nourishes without feeling greasy. It contains vitamin E and other antioxidants that speed the skin’s recovery after abrasions, minimize wrinkles, and delay signs of aging. Fighting infection and facilitating healing, coconut oil can be effective in the treatment of skin conditions such as acne, eczema, and psoriasis.

Taking one tablespoon of coconut oil in the morning or evening has also been known to help keep the bowels moving, aiding with constipation and bloating.

6) Boosts energy levels and enhances athletic and physical performance.

COCONUT OIL’s medium-chain fatty acids allow the body to quickly convert coconut oil into energy, thus boosting metabolism. Unlike other fats, MCFAs are absorbed by the intestine and quickly converted into energy by the liver. You can use coconut oil as a healthy way to boost energy levels when you need a pick-me-up. Many athletes have been known to use coconut oil to improve performance and endurance. 

7) Improves skin and hair health.

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Coconut oil is used worldwide to nourish hair and keep it vibrant and healthy. It is an excellent conditioner and can be used to prevent or treat dry and damaged hair. The antimicrobial properties of coconut oil help treat scalp conditions such as dandruff.
There has been promising research circulating about the link between coconut oil/MCFAs and the prevention and treatment of Alzheimer’s and other brain-related disorders such as Parkinson’s, ALS, multiple sclerosis, Duchenne muscular dystrophy, Down syndrome, Huntington’s disease, and autism.

Dr. Mary Newport is one of the people leading the charge in informing the public and facilitating research about how coconut oil and MCFAs can improve brain health.

Mary Newport, MD, is the author of *Alzheimer’s: What If There Was a Cure? The Story of Ketones*. Her experience with using coconut oil therapeutically for the brain began in 2008 when she started giving it to her husband, Bob, who has advanced Alzheimer’s disease. While researching ways to help her rapidly declining husband, she discovered one of the leading drugs for Alzheimer’s contained MCFAs. She learned coconut oil contains high amounts of MCFAs and thought she would try supplementing his food with it. Within weeks, her husband made significant improvement in his cognitive ability and overall function.

Based on Dr. Newport’s success with her husband, many others with Alzheimer’s and other brain-related conditions began supplementing with coconut oil or MCFAs and reported improved cognitive function and quality of life. Dr. Newport’s efforts have spurred great interest in the study of coconut oil and medium-chain triglyceride (MCT) oil and its effects on those with Alzheimer’s as well as disease conditions such as cancer and ALS.

Dr. Newport explains that Alzheimer’s is a sort of diabetes of the brain in which insulin receptors in the brain are damaged

8) **Improve brain health.**

A MOSTLY saturated fat, coconut oil provides nourishment for the brain. Sixty percent of our brain is made of fat, and half of it is saturated. When you restrict saturated fat in your diet, you are depriving your brain of the nutrients it needs to function.
from too much insulin secretion. Excess insulin is produced in response to excessive sugar and refined carbohydrates. Chronically elevated insulin levels lead to damage of insulin receptors and the inability of the brain to access glucose, which is its primary fuel substrate. This lack of glucose or fuel for the brain leads to a lack of nourishment in the brain and subsequently results in neurodegenerative conditions such as Alzheimer’s.²⁴

Even though the brain cannot adequately access glucose in these neurodegenerative conditions, it can function off an alternative fuel source—ketones. Some say ketones are a superior source of energy for the brain. According to Bruce Fife, ND, making ketones available to your brain is like filling your tank with high-performance gas. Coconut oil is ketogenic, meaning it produces ketones from its MCFAs. Ketones give the brain the fuel needed to function and for brain cells to regenerate, restoring mental function. This accounts for the successful use of coconut oil and medium-chain triglyceride oil in brain-related conditions such as Alzheimer’s.²⁵

For details, see Alzheimer’s: What If There was a Cure? The Story of Ketones.

Dr. Newport recently released a new book titled The Coconut Oil and Low-Carb Solution for Alzheimer’s, Parkinson’s, and Other Diseases.

9) May prevent bone loss and osteoporosis.

OSTEOPOROSIS IS a disease process in which bones become weak and brittle, increasing the likelihood of fracture. Evidence indicates that coconut oil may be an excellent tool for preventing bone loss and osteoporosis. Free radical damage and oxidative stress have been linked to the development of osteoporosis. Coconut oil’s antioxidant properties may help in the treatment and prevention of this condition while also improving the absorption of nutrients and minerals such as calcium and magnesium, which are crucial to the formation and health of our bones.²⁶

10) Improves thyroid and hormone function.

THE HEALTHY fats found in coconut oil nourish the thyroid gland and support overall hormone balance. Hypothyroidism is characterized by a low metabolic rate. Symptoms include weight gain, fatigue, dry skin, hair loss, and lack of mental clarity.

Coconut oil has a “thermogenic effect,” which means it can raise body temperature. This combined with its ability to boost metabolism may improve thyroid func-
Look for these words when choosing your coconut oil: organic, unrefined, and extra-virgin.

Avoid the words hydrogenated, refined (bleached and deodorized), and super-heated.

Refined coconut oil is typically derived from desiccated coconut rather than fresh, and bleaching and deodorizing agents are often used for palatability. Some refined coconut oil is hydrogenated, which turns it into a harmful substance for your body. Steer clear of this type of coconut oil!

Recommended Brands
- Nutiva
- Artisana

Coconut oil and coconut products are available at many health food and grocery stores.

Here is yet one more compelling reason to use coconut oil (and not those cheap, toxic oils) ...

YOU NOW have 10 awesome reasons to consume coconut oil frequently in your diet. If you use healthy fats like coconut oil instead of toxic industrial seed vegetable oils, fake butters, and hydrogenated oils, you will be doing your health and body an invaluable service!

The overconsumption of industrial seed vegetable oils actually increases your risk of heart disease and creates inflammation, toxicity, and disease in the body.

According to Ray Peat, PhD—a physiologist who studies hormones and dietary fats—polyunsaturated fatty acids (PUFAs) in vegetable seed oils cause cancer, diabetes, obesity, aging, thrombosis, arthritis, and immunodeficiencies.
How do I enjoy the benefits of coconut oil?

**COCONUT OIL** is versatile and can be used in place of vegetable oils, butter, or margarine in most recipes.

**Other Coconut Products**

**COCONUT MILK.** Coconut milk is made by combining coconut meat and water. You can purchase it in a can or make it fresh. The benefits of consuming fresh coconut milk include a final product that contains more vitamins, enzymes, and nutrients without any additives compared to its canned counterpart. Coconut milk does not contain any lactose and makes a great substitute for milk. You can use it in coffee, soups, and smoothies. You can even make coconut milk ice cream as well as using it in other recipes that call for milk.

**Recommended Brand**
- **Native Forest**

**NOTE:** See page 24 on making your own coconut milk.

**COCONUT WATER.** The liquid or juice inside the coconut, coconut water is considered the “life blood” of the coconut. It has similar electrolyte composition to blood plasma and is an excellent substance for preventing and treating dehydration.

You can purchase an actual coconut, open it, and drink the water or buy a coconut water product. When purchasing, seek out coconut water that is raw and unheated to enjoy the maximum nutrients.

**Recommended Brands**
- Harmless Harvest (raw)
- Zico

Here are a few ways to incorporate coconut oil into your diet:

- Cook meat, eggs, and veggies in it.
- Add coconut oil to smoothies.
- Eat it straight with a spoon.
- Melt into hot water, tea, or broth.
- Add it to soups, chili, or sauces.
- Pour it over veggies like you would butter or olive oil.
- Make your own salad dressing with half coconut oil and half olive oil.
Coconut Secret

Coconut Secret.

Coconut Secret is made from naturally aged coconut sap combined with sea salt. It makes a great and comparable alternative to soy sauce, tastes good, and is naturally gluten-free.

Recommended Brand

• Coconut Secret

Coconut Flakes. Coconut flakes are a good source of coconut oil and fiber from the coconut meat (15 grams of oil and 3 grams of fiber in ¼ cup). Seek out unsweetened coconut flakes with no added ingredients. They can be eaten as a snack, added to trail mix, or used as a topping for various dishes. As previously mentioned, you can use coconut flakes to make your own coconut milk.

Recommended Brand

• Woodstock

Coconut Flour. Coconut flour is made from finely ground, dried coconut meat. It contains small amounts of coconut oil and is an excellent source of fiber. Coconut flour is a great alternative to gluten-containing flours and can be used in cooking and baking for improved overall health. An excellent choice for diabetics, it is low in carbohydrates compared to other flours, helps balance blood sugar, and aids in digestive health. You cannot directly substitute it for wheat or white flour, however, so seek out recipes specifically containing coconut flour.

Recommended Brand

• Coconut Secret

Coconut Aminos. Coconut Aminos is made from naturally aged coconut sap combined with sea salt. It makes a great and comparable alternative to soy sauce, tastes good, and is naturally gluten-free.

Recommended Brand

• Coconut Secret

COCONUT YOGURT AND KEFIR. These are excellent for improving your immunity, digestive tract’s gut flora, and overall health. Yogurt and kefir combine the health benefits of coconut with those offered by fermented foods/beverages and probiotics. Although it takes effort, you can make your own from actual coconuts. You can also purchase these products from quality sources.

Recommended Brands

• Body Ecology (kefir)
• Cocokefir (yogurt and kefir)
To Better Health—and Beyond!

**IF YOU’RE** looking to optimize your health and longevity, incorporating coconut and coconut oil in conjunction with a nutrient-dense diet is a must! To take your health to the next level, check out the Paleo Secret 30-Day Challenge. This guide will help you learn which other foods to include in your eating plan and which to avoid to help you **thrive**!

Chad & Brenda Walding, DPT
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COCONUT Milk

by Tami Monaghan

SERVINGS: 4
PREP TIME: 5 MINUTES
COOK TIME: 10 MINUTES

INGREDIENTS

- 4 CUPS WATER
- 1½ – 2 CUPS UNSWEETENED SHREDDED COCONUT

DIRECTIONS

1. HEAT WATER BUT don’t boil. It should be hot but not scalding.

2. PLACE COCONUT IN a high-powered blender like a Vitamix and add water. If you can’t fit all the water at once, add it in two batches. Blend on high for several minutes until thick and creamy.

3. POUR THROUGH A mesh colander to remove most of the coconut, then squeeze through a towel or several thicknesses of cheesecloth to strain remaining coconut pieces.

4. IF YOU ADD the water in batches, put the coconut you strained back into the blender, add remaining water, and repeat.

5. FLAVOR OPTIONS: ADD after coconut has been strained out: half teaspoon vanilla extract, half cup fresh or frozen strawberries, or two teaspoons cocoa powder plus half teaspoon vanilla.

6. DRINK IMMEDIATELY OR store in the fridge. Consume within 3 to 4 days. Separation is normal—just give it a good shake.
Breakfast

2
SPICED COCONUT STRAWBERRY PORRIDGE WITH Fried Eggs

by Tami Monaghan

SERVINGS: 4
PREP TIME: 5 MINUTES
COOK TIME: 10 MINUTES

INGREDIENTS

8 EGGS, FRIED IN COCONUT OIL
3 TBSP. CHIA SEEDS MIXED WITH ½ CUP
PLUS 1 TBSP. WATER (SET ASIDE TO LET GEL)
1 CUP COCONUT FLOUR
2 TBSP. COCONUT FLAKES (OPTIONAL FOR TEXTURE)
1 CUP COCONUT MILK
2 RIPE BANANAS, SLICED THIN
2 TSP. CINNAMON
¼ TO 1 TSP. GROUND GINGER
2 TSP. VANILLA
PINCH SALT
SLICED STRAWBERRIES

DIRECTIONS

1. PLACE COCONUT FLOUR, flakes, coconut milk, and banana in small saucepan and heat on medium until banana melts into a creamy texture, fully incorporated with the milk. Stir frequently for a few minutes.

2. ADD CHIA GEL, cinnamon, ginger, vanilla, and salt. Continue cooking until you get a porridge-like texture, stirring constantly. Stop while it’s still creamy—you don’t want it to get dry!

3. TOP WITH SLICED strawberries and enjoy two fried eggs on the side per serving.
LEMON–THYME MINI MUFFINS WITH Fried Eggs

by Tami Menaghan
SERVINGS: 6
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES
GF DF

INGREDIENTS

- 2 EGGS
- ¼ CUP COCONUT FLOUR
- 2 TBSP. COCONUT OIL
- 1½ TBSP. FRESH THYME, CHOPPED
- 1 TBSP. LEMON ZEST
- 2 TBSP. LEMON JUICE (ABOUT 1 LEMON)
- ¼ CUP HONEY
- 2 EGGS
- ¼ TSP. BAKING SODA

DIRECTIONS

1. PREHEAT OVEN TO 350° F.

2. IN A MEDIUM bowl, combine coconut flour and baking soda.

3. IN A SMALLER bowl, whisk together 2 eggs, oil, lemon juice, and honey.

4. BLEND WET INGREDIENTS into dry. Fold in thyme and lemon zest.

5. SCOOP BATTER 1 tablespoon at a time into greased mini-muffin tins.

6. BAKE 10 TO 14 minutes until golden and an inserted toothpick comes out clean. Cool in tins for 30 minutes, then remove.

7. SERVE WITH TWO eggs fried in coconut oil per serving.
PEAR STREUSEL EGG MUFFINS

by Tami Monaghan
SERVINGS: 6 (2 MUFFINS PER SERVING)
PREP TIME: 10 MINUTES
COOK TIME: 40 MINUTES

INGREDIENTS
- 4 Pears, chopped into ¼-inch pieces (approximately 2 cups)
- 3 TBSP. Warm water
- 2 TBSP. Cinnamon, divided into 1½ and ½ tsp. portions
- 1½ TBSP. Coconut oil, melted
- 9 Eggs
- 3 TBSP. Coconut milk
- 1½ TBSP. Coconut flour
- ¼ tsp. Baking soda
- ¼ cup Walnuts, chopped (optional)

DIRECTIONS
1. Preheat oven to 350°F.
2. In a medium skillet, sauté pears, water, 1½ teaspoons of cinnamon, and coconut oil until the pears are the consistency of chunky applesauce.
3. Allow mixture to cool before combining with the egg mixture.
4. In a medium-sized mixing bowl, whisk eggs, coconut milk, coconut flour, ½ teaspoon of cinnamon, and baking soda until well-combined. Add cooled pears and walnuts, reserving ¼ cup of walnuts for garnish.
5. Spoon ¼ cup egg and pear mixture into each parchment-lined muffin tin cup. Gently spoon 1 teaspoon of remaining mixture onto the top of each muffin. Bake for 40 minutes.
COCONUT PROTEIN Pancakes

by Tami Monaghan

SERVINGS: 4
PREP TIME: 5 MINUTES
COOK TIME: 20 MINUTES

INGREDIENTS

8 EGGS
⅛ CUP MELTED COCONUT OIL
⅛ CUP COCONUT FLOUR (PLUS A LITTLE MORE)
1 TBSP. CINNAMON
1 TSP. VANILLA
PINCH SEA SALT
FRESH FRUIT, 100% MAPLE SYRUP, OR ALMOND BUTTER

DIRECTIONS

1. HEAT A LARGE skillet over medium heat.

2. PLACE EGGS, MELTED coconut oil, cinnamon, vanilla, and salt in a high-powered blender. Blend until combined.

3. ADD THE COCONUT flour and mix well, about 1 minute. Batter should be thick. If it is too thin, add a little more coconut flour.

4. LOWER HEAT TO medium-low and add a small amount of coconut oil to the heated pan. Pour batter into 4-inch–diameter pancakes. Cook about 3 minutes per side. Make sure they are set and golden brown before flipping. Makes 8 four-inch pancakes.

5. SERVE WITH FRESH fruit, pure maple syrup, or almond butter.
Soups

3
CURRIED BUTTERNUT SQUASH Soup

by Tami Menaghan

SERVINGS: 4–6
PREP TIME: 10 MINUTES
COOK TIME: 45 MINUTES

INGREDIENTS

2 LBS. BUTTERNUT SQUASH, CUBED (OPTION TO BUY IT PRE-CUBED)
1 TSP. COCONUT OIL
1 TSP. RED CURRY PASTE
1 TSP. CUMIN
1 CAN FULL-FAT COCONUT MILK
1 TBSP. FRESH GINGER, CHOPPED
1 CUP PEPITAS, TOASTED
4 LIMES, JUICED AND ZESTED (ZEST SKINS BEFORE SQUEEZING THE JUICE OUT)
3 TBSP. FRESH CILANTRO (OPTIONAL)

DIRECTIONS

1. PREHEAT OVEN TO 375°F.
2. CUT SQUASH IN half and remove the insides.
3. PLACE IN A large baking dish with enough water to cover the bottom. Roast for approximately 45 minutes or until you can pierce the skin with a fork.
4. IN A SMALL saucepan, add the curry paste and cumin over medium-low heat and stir until fragrant, about 4 minutes. Add coconut milk and ginger; bring to a boil over high heat.

continues on next page ...
CURRIED BUTTERNUT SQUASH Soup

continued ...

5. **ADJUST HEAT TO**
maintain a simmer, stirring frequently until reduced to about ¾ cup, around 13 to 15 minutes.

6. **ADD THE PEPITAS** to a high-powered blender or food processor and blend until finely ground. Add the squash, coconut milk mixture, lime zest, and lime juice and process until combined.

7. **SERVE HOT AS** a side dish or keep in the fridge up to 3 days as a dip. Option to serve with fresh cilantro.
CREAMY BROCCOLI Soup

by Tami Monaghan

SERVINGS: 4
PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES

INGREDIENTS

3 CUPS FRESH BROCCOLI, ROUGHLY CHOPPED
3 CUPS KALE, CHOPPED AND PACKED
2 CLOVES GARLIC, CHOPPED
1 SHALLOT, DICED
1 INCH FRESH GINGER, PEELED AND CHOPPED
2 TBSP. EACH CHOPPED FRESH PARSLEY, CILANTRO, AND MINT
1 CAN COCONUT MILK
1 TBSP. COCONUT OIL
SEA SALT AND PEPPER TO TASTE
FRESH WATER AS NEEDED

DIRECTIONS

1. HEAT COCONUT OIL
   in a large soup pot over medium heat. Stir in garlic, shallot, and ginger.

2. ADD BROCCOLI
   AND greens. Add just enough water to cover the vegetables; you can always thin the soup later if needed.

3. BRING TO A high simmer. Cover pot and reduce heat to a medium simmer. Cook until broccoli and greens are tender, about 15 minutes.

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4. **ADD THE CHOPPED** parsley, cilantro, and mint. Season with sea salt and fresh pepper to taste.

5. **REMOVE POT FROM** the heat. Use an immersion blender to puree the soup.

6. **RETURN POT TO** the stove and add in the coconut milk. Stir and heat through gently.
GREEN SALAD WITH Tropical Fruit

by Tami Monaghan

SERVINGS: 4
PREP TIME: 15 MINUTES
COOK TIME: 0 MINUTES

INGREDIENTS

Lime-Mint Vinaigrette

• ¼ CUP OLIVE OIL
• 2 TBSP. LIME JUICE
• 2 TBSP. FRESH MINT, CHOPPED
• SEA SALT AND PEPPER TO TASTE

Salad

• 2 LARGE GRAPEFRUIT, PEELED AND CHOPPED
• 1 PINEAPPLE, PEELED, CORED, AND CUT INTO 1-INCH PIECES
• ONE 14-oz CAN HEARTS OF PALM, DRAINED AND SLICED
• 2 FIRM, RIPE BANANAS, SLICED
• 1 LARGE HEAD BOSTON LETTUCE, TORN
• ¼ CUP UNSWEETENED TOASTED COCONUT CHIPS

DIRECTIONS

1. PREPARE THE VINAIGRETTE and place aside.

2. COMBINE THE PREPARED fruit and 3 tablespoons of the vinaigrette. Toss to coat.

3. ARRANGE LETTUCE ON separate plates and top with fruit mixture and coconut. Add more dressing if desired.
ROASTED BEET, BACON, &

Egg Salad

by Tami Monaghan

SERVINGS: 4
PREP TIME: 20 MINUTES
COOK TIME: 40 MINUTES

INGREDIENTS

8 SLICES THICK BACON
4 HARD-BOILED EGGS, QUARTERED
1½ LBS. GOLDEN BEETS, DICED
¼ CUP TOASTED MARCONA ALMONDS, ROUGHLY CHOPPED
1 TBSP. HONEY
1 TBSP. SHERRY VINEGAR
1 SMALL SHALLOT, MINCED
3 TBSP. COCONUT OIL
1 WHITE ONION, FINELY SLICED
¼ CUP POMEGRANATE SEEDS
GREENS OF CHOICE

DIRECTIONS

1. PREHEAT OVEN TO 425°F.

2. IN A LARGE skillet, add bacon and fry until desired crispness is reached.

3. WHILE BACON IS cooking, clean and dice beets into small bites. Remove bacon from skillet and place on a plate layered with paper towels.

4. PLACE BEETS ON a baking dish lined with parchment paper, drizzle with bacon fat, and bake 40 minutes or until done.

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5. **BRING A POT** of water to a boil over high heat. Reduce the heat to low, add eggs, and cook 7 to 8 minutes. Drain, cool in ice water, and peel.

6. **COMBINE ALMONDS, HONEY,** vinegar, and shallots in a medium bowl. While whisking constantly, slowly drizzle in coconut oil. Season dressing to taste with salt and pepper.

7. **TOSS BEETS, POMEGRANATE,** onion, and dressing together in a large bowl.

8. **SERVE OVER GREENS** of choice. Garnish with boiled eggs and bacon.
Vegetables

5
CIDER VINAIGRETTE ROASTED ROOT Vegetables

by Tami Monaghan

SERVINGS: 4
PREP TIME: 20 MINUTES
COOK TIME: 40 MINUTES

INGREDIENTS

3 MEDIUM GOLDEN BEETS, PEELED AND THICKLY SLICED
3 MEDIUM CARROTS, PEELED AND SLICED LENGTHWISE INTO
2-INCH LONG PIECES
2 MEDIUM SWEET POTATOES, SLICED LENGTHWISE INTO
2-INCH LONG PIECES
3 MEDIUM PARSNIPS, PEELED AND SLICED LENGTHWISE INTO
2-INCH LONG PIECES (TOUGH WOODY CORE REMOVED)
1 LARGE RED ONION, THICKLY SLICED
¼ CUP CIDER VINEGAR
¼ CUP COCONUT OIL
2 TBSP. HONEY
1 TSP. THYME, DRY OR FRESH

DIRECTIONS

1. PREHEAT THE OVEN to 450°F.

2. IN A LARGE bowl, mix together the cider vinegar, oil, and honey. Add prepared vegetables to the bowl and toss to combine.

3. LINE TWO LARGE roasting pans with parchment paper. Spread the root vegetables out over the pans in a single layer and pour remaining vinaigrette over the root vegetables in the pans.

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CIDER VINAIGRETTE ROASTED ROOT Vegetables

continued...

4. **ROAST FOR 40 minutes,**
   turning the pans and
   swapping bottom and top
   rack positions halfway
   through cooking.

5. **COOK UNTIL THE**
   vegetables are well-
   browned and caramelized
   around the edges.

6. **REMOVE FROM OVEN**
   and gently loosen the
   root vegetables from the
   foil with a wooden spoon.
   Sprinkle with thyme and
   season to taste.
ROASTED ASPARAGUS, MUSHROOMS, & Prosciutto

by Tami Monaghan

SERVINGS: 4
PREP TIME: 10 MINUTES
COOK TIME: 25 MINUTES

INGREDIENTS
1 BUNCH ASPARAGUS, TRIMMED AND CUT INTO THIRDS
1 SMALL CONTAINER BABY BELLA MUSHROOMS, HALVED
3 SLICES PROSCIUTTO, SLICED THIN AND CUT INTO ¼-INCH STRIPS
1 TBSP. COCONUT OIL
1 TBSP. SHERRY VINEGAR
SALT AND PEPPER TO TASTE

DIRECTIONS
1. PREHEAT OVEN TO 425°F.
2. TOSS ASPARAGUS, MUSHROOMS, prosciutto, and oil together in a large rimmed baking sheet lined with parchment paper.
3. ROAST, STIRRING ONCE, until the vegetables are tender and browned, 20 to 25 minutes.
4. TRANSFER TO A serving bowl and drizzle with sherry vinegar.
LEMON PORK Schnitzel

by Tami Monaghan

SERVINGS: 4
PREP TIME: 10 MINUTES
COOK TIME: 25 MINUTES

INGREDIENTS

4 PORK LOINS, POUNDED THIN
1 TBSP. COCONUT OIL
6 SLICES BACON, CHOPPED
1 TSP. CARAWAY SEEDS
1 SMALL CABBAGE, CORED AND SHREDDED
1 RED APPLE, CHOPPED INTO ½-INCH CHUNKS
½ CUP APPLE CIDER VINEGAR
2 TBSP. COCONUT FLOUR
2 TBSP. 100% MAPLE SYRUP
1 EGG
1 LEMON, ZESTED
½ CUP ALMOND MEAL

DIRECTIONS

1. IN A LARGE skillet on medium-high heat, add bacon and caraway seeds. Cook, stirring frequently, until golden, about 10 minutes.

2. ADD CABBAGE AND apple and cook, stirring frequently. Add vinegar and maple syrup, stirring to combine. Cover and reduce heat to medium-low. Cook until cabbage is tender, about 30 minutes.

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LEMON PORK Schnitzel

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3. MEANWHILE, IN A shallow dish, add coconut flour. In a separate dish, whisk the egg; in a third dish, add the almond meal and lemon zest.

4. DIP PORK INTO the coconut flour, turning to coat both sides and shaking off the excess. Dip into egg mixture and then into the almond meal.

5. HEAT A LARGE cast-iron skillet over medium-high and melt the coconut oil. Cook the loins about 10 to 14 minutes, turning once. Use a splashguard.

6. SERVE WITH CABBAGE mixture.
COCONUT CURRY SHRIMP
Stir-Fry

by Tami Monaghan
SERVINGS: 4
PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES

INGREDIENTS

1½ LBS. SHRIMP, DETAILED
1 LARGE BOK CHOY (OR 2 SMALL), CHOPPED, INCLUDING LEAVES
3 BELL PEPPERS
1 LB. SNAP PEAS
1 CUP COCONUT MILK
1 CUP UNSWEETENED COCONUT FLAKES
4 TBSP. RED CURRY PASTE
1 LARGE ZUCCHINI
COCONUT FLAKES

DIRECTIONS

1. CLEAN AND PREP shrimp.

2. DICE PEPPERS AND bok choy into large pieces.

3. ADD COCONUT MILK, coconut flakes, and red curry to a high-powered blender. Blend on high for 1 minute.

4. IN A LARGE wok or skillet, add mixture with the shrimp and cook over medium-high heat about 5 minutes.

5. ADD PEPPERS AND peas and simmer for 5 minutes. Add the bok choy and simmer for another 2 minutes. Add coconut flakes on top if desired.

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6. **USING A SPIRALIZER**, create long noodles from the zucchini. Set aside on paper towel to soak up excess liquid.

7. **SERVE MIXTURE OVER** the zucchini noodles.
Salmon Burgers

by Tami Monaghan

SERVINGS: 4
PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS

1 LB. COOKED WILD SALMON, MASHED UP (OPTION TO BUY CANNED)
½ RED ONION, FINELY CHOPPED
2 LARGE CLOVES GARLIC, PRESSED OR FINELY CHOPPED
1 TBSP. STONEGROUND MUSTARD
2 EGGS
SEA SALT AND PEPPER TO TASTE
2 TBSP. COCONUT FLOUR
¼ CUP COCONUT OIL FOR PAN-FRYING
1 LEMON, JUICED AND ZESTED FOR GARNISH
GREENS OF CHOICE

DIRECTIONS

1. PREHEAT A SMALL cast-iron skillet or medium sauté pan with coconut oil.

2. COMBINE ONION, GARLIC, mustard, coconut flour, sea salt, pepper, and eggs in a small mixing bowl. Add salmon and mix together until the salmon is fully incorporated.

3. FORM THE MIXTURE into patties. When the pan and oil are hot, cook the patties until well-browned on one side before attempting to flip them. If you try to flip them too early, they may break.

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SALMON Burgers

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4. **BROWN THE SECOND** side. Each side will take several minutes to brown.

5. **REMOVE SALMON CAKES** from the pan and serve warm. **SERVE OVER SALAD** greens or alongside any green vegetable.
FISH with COCONUT-SHALLOT Sauce

by Tami Monaghan

SERVINGS: 4
PREP TIME: 20 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS

1¼ LBS. MAHI-Mahi OR RED SNAPPER
3 CLOVES GARLIC, MINCED
2 TBSP. COCONUT OIL
2 TBSP. FRESH THYME (OR 2 TSP. DRIED)
1 SHALLOT, DICED
1 CUP COCONUT MILK
¼ CUP UNSWEETENED TOASTED COCONUT CHIPS
2 ENGLISH CUCUMBERS, PEELED

DIRECTIONS

1. USING A JULIENNE peeler or spiralizer, create long noodles from the peeled cucumbers.

NOTE: If using a julienne peeler, run it lengthwise until you reach the core, then make a quarter-turn and repeat all the way around.

2. SET ASIDE ON paper towel to soak up excess liquid.

3. POSITION RACK IN upper third of oven and preheat on the high broiler setting. Line a baking sheet with foil.

4. MASH GARLIC WITH a dash of salt to create a paste. Combine with 1 tablespoon melted coconut oil, thyme, and pepper to taste.

5. PLACE THE FISH on the baking dish and spread the paste on top.

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FISH with COCONUT-SHALLOT Sauce

continued ...

6. HEAT THE REMAINING 1 tablespoon of coconut oil in a medium skillet over medium heat.

7. ADD SHALLOTS AND cook, stirring for a minute.

8. ADD COCONUT MILK, increase heat to medium-high and bring to a simmer. Reduce heat to medium-low and simmer until liquid has reduced to ¾ cup, about 6 minutes.

9. MEANWHILE, BROIL THE fish until just cooked through, about 6 to 8 minutes.

10. LAYER THE NOODLES and fish, topping with sauce.

DID YOU KNOW WILD SEAFOOD IS A TOP SUSTAINABLE PROTEIN CHOICE? GET SOME HERE.
Green Chicken Curry

by Tami Monaghan

SERVINGS: 4
PREP TIME: 15 MINUTES
COOK TIME: 25 MINUTES

INGREDIENTS

1 LB. BONELESS, SKINLESS CHICKEN THIGHS, TRIMMED AND CUT INTO BITE-SIZED PIECES
2 TBSP. COCONUT OIL
1 BUNCH SCALLIONS, SLICED
1 MEDIUM SWEET POTATO, CUT INTO ½-INCH CUBES
1 CAN FULL-FAT COCONUT MILK
2 TBSP. THAI GREEN, RED, OR YELLOW CURRY PASTE
1 TBSP. FISH SAUCE
1 LARGE BOK CHOY, DICED
1½ CUP HALVED GREEN BEANS
1 TBSP. LIME JUICE
FRESH BASIL

DIRECTIONS

1. HEAT OIL IN a large skillet over medium-high heat. Add chicken and scallions and cook, stirring, until the chicken is no longer pink, 4 to 5 minutes. Transfer to a plate with a slotted spoon to keep the oil in the pan.

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GREEN CHICKEN Curry

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2. **ADD SWEET POTATO** to the pan and cook, stirring for 2 minutes. Add coconut milk, curry paste, fish sauce, bok choy, and green beans. Bring to a simmer.

3. **REDUCE HEAT TO** medium, cover, and cook, stirring until the vegetables are tender, about 5 to 7 minutes.

4. **RETURN CHICKEN AND** cook for another minute or two. Remove from heat and stir in basil and lime juice.
Snacks & Sweets
CHIA SEED Energy Bars

by Tami Monaghan

SERVINGS: 4–6
PREP TIME: 5 MINUTES
MAKE TIME: 5 MINUTES

INGREDIENTS

- 6 LARGE MEDJOOL DATES (OPTION TO BUY DATE PASTE)
- ½ CUP CHIA SEEDS
- 2 TBSP. COCONUT OIL
- ⅛ TSP. NATURAL VANILLA OR ALMOND EXTRACT

OPTIONAL ADD-INS: SOY-FREE DARK CHOCOLATE CHIPS, UNSWEETENED SHREDDED COCONUT, GOJI BERRIES

DIRECTIONS

1. REMOVE THE PITS from the dates and pulse the dates in a food processor or blender until it forms a paste.

2. IN A MEDIUM bowl, mix the date paste with the chia seeds and coconut oil. It will form a thick dough. If it does not, add more date paste.

3. ROLL THIS DOUGH into balls or press into the bottom of a glass or silicon baking dish and cut into squares.

4. BARS CAN BE eaten immediately in dough-form. Best chilled in the fridge or freezer to give it more of a chewy texture.

NOTE: These can be wrapped in wax or parchment paper and packed in lunches as snacks.
BERRY Cobbler

by Tami Monaghan

SERVINGS: 4–6
PREP TIME: 5 MINUTES
COOK TIME: 30 MINUTES

INGREDIENTS

3–4 CUPS ASSORTED BERRIES SUCH AS STRAWBERRIES, BLACKBERRIES, BLUEBERRIES, RASPBERRIES, OR A MIXTURE (FRESH OR FROZEN)
1 CUP ALMOND FLOUR
1–2 TBSP. COCONUT OIL
1 TSP. VANILLA
1 TBSP. HONEY OR 100% MAPLE SYRUP

DIRECTIONS

1. PREHEAT OVEN TO 375°F.
2. GREASE AN 8×8-INCH baking dish with coconut oil. Place berries in dish.
3. COMBINE ALMOND FLOUR, coconut oil, and vanilla until it makes a crumbly topping. Sprinkle the crumble topping over the berries.
4. PLACE DISH IN oven and cook for about 20 minutes (fresh fruit) or 30 to 40 minutes (frozen fruit). When done, drizzle with organic honey or maple syrup if using.
BLUEBERRY COCONUT Popsicles

by Tami Menaghan

SERVINGS: 8
PREP TIME: 20 MINUTES
COOK TIME: 5 MINUTES

INGREDIENTS

1 ½ CUPS BLUEBERRIES (FRESH OR FROZEN)
1 ½ TBSP. WATER
3 TBSP. PLUS 2 TBSP. 100% MAPLE SYRUP
¾ CUP FULL-FAT COCONUT MILK
½ CUP ALMOND MILK

DIRECTIONS

1. IN A SMALL saucepot, combine blueberries, water, and 3 tablespoons of maple syrup.

2. BRING TO A boil until liquid is syrupy and thick. Remove from heat. No need to mash the blueberries—just leave as is.

3. IN A SMALL bowl, whisk together 2 tablespoons maple syrup, coconut milk, and almond milk.

4. FILL POPSICLE MOLDS a little over half-full of the coconut–almond milk mixture. Spoon in blueberry mix to fill the popsicle mold.

5. PLACE MOLD IN freezer for 1 hour. Remove molds and insert wooden sticks into each popsicle cavity. Return mold to freezer for another 4 hours or until ice pops are solid.
DARK CHOCOLATE ALMOND BAR Bites
by Tami Monaghan (recipe adapted from Marin Mama Cooks)

SERVINGS: ABOUT 30 BALLS
PREP TIME: 20 MINUTES
CHILL TIME: 2 HOURS

INGREDIENTS
1 CUP UNSWEETENED SHREDDED COCONUT, LIGHTLY PACKED
3 TBSP. COCONUT OIL
2 TBSP. HONEY
1 TSP. PURE VANILLA EXTRACT
ALMOND SLICES OR SLIVERS
PINCH SEA SALT
4 OUNCES BITTERSWEET CHOCOLATE, CHOPPED OR BROKEN INTO SMALL PIECES IF YOU’RE USING A BAR (70% CACAO OR HIGHER)

DIRECTIONS
1. IN A FOOD processor, blend shredded coconut, coconut oil, honey, vanilla extract, and salt until it forms a thick paste, about 2 to 3 minutes. Test coconut mixture to see if it holds together by squeezing a small amount into your palm. If the coconut mixture doesn’t compact nicely, continue to process for 1 to 2 more minutes.

2. LINE A SMALL baking sheet with parchment paper. Scoop out and gently press the coconut mixture into a tablespoon-sized measuring spoon. Drop the tablespoon of mixture onto the lined baking sheet and then press and mold the balls into a rectangular shape.

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DARK CHOCOLATE ALMOND BAR

continued ...

3. **PRESS ALMOND SLICES** on top of the coconut rectangles to make an “Almond Joy” or leave as is to make a “Mounds Bar.” Place coconut rectangles in freezer for 15 to 30 minutes or until solid.

4. **ONCE COCONUT BARS** are frozen, it’s time to melt the chocolate. Keep coconut bars in freezer until you’ve melted your chocolate. Place 4 ounces of chocolate or chocolate chips into a heatproof bowl. Set the bowl over a pan of simmering water and melt the chocolate, stirring constantly until melted and smooth. Immediately remove the melted chocolate from the heat and give it a stir with a spatula. When the chocolate is melted, remove the frozen bars from freezer.

5. **GENTLY INSERT A** toothpick into a bar and dip the bar into the melted chocolate, making sure the whole bar gets covered with chocolate. Lift the bar out with the toothpick and tap off any excess chocolate.

6. **RETURN THE CHOCOLATE-COVERED** bar to the parchment paper and gently remove the toothpick from the bar. Use another toothpick to hold down the bar while removing the toothpick.

7. **ONCE ALL THE** bars have been dipped into the chocolate, place in freezer for a few minutes to set. Store the bars in the refrigerator in an airtight container. These should keep for several days. Take the bars out for a few minutes to soften before you consume them.
Cooking with Coconut

GET HEALTHY, LOSE WEIGHT, & LIVE LONGER WITH COCONUT!

Introduction by Dr. Brenda Walding, DPT, FDN & Dr. Chad Walding, DPT, SFMA, RKC, OPEXL1
Recipes by Tami Monaghan, HC, AADP