

THE COCONUT OIL MIRACLE

5TH EDITION

BY BRUCE FIFE, CN, ND

Contents

Figure 1	4
Figure 2	5
Recipes for Nutrition and Beauty	
Beverages	6
Sweetened Coconut Milk	6
Flavored Coconut Milk	7
Breakfast	8
Hash Browns	8
Coconut Milk Smoothie	8
Piña Colada Smoothie	9
Fruit Smoothie	9
Fruit Smoothie Blend	9
Yogurt Smoothie	10
Whole-Wheat Muffins	10
Blueberry Muffins	11
Coconut Bran Muffins	11
Baking-Powder Biscuits	12
Whole-Wheat Pancakes	12
Coconut-Orange Pancakes	13
Granola	14
Coconut Banana Bread	14
Condiments	15
Seasoned Coconut Oil	15
Coconut Mayonnaise	15
Vinegar and Oil Dressing	16
Buttermilk Dressing	16
Salads	17
Tomato Vinaigrette Salad	17
Waldorf Salad	17
Fruit and Coconut Salad	18
Potato Salad	18
Three-Bean Salad	19
Tomato and Garbanzo Bean Salad	19
Macaroni Salad	20
Soups	21
Clam Chowder	21
Cream of Asparagus Soup	21
Cream of Artichoke Soup	22
Cream of Cauliflower Soup	22
Vegetable Beef Stew	23
Entrées	24
Chicken Salad	24
Egg Salad	24

Tuna Salad	25
Curried Shrimp Salad	25
Chicken Oriental	25
Broccoli Smothered in Coconut Chicken Sauce	26
Salmon in Coconut Cream Sauce	27
Filet of Sole in Coconut Milk	27
Thai Shrimp and Noodles	28
Desserts	29
Whole-Wheat Coconut Brownies	29
Coconut Cookies	29
Coconut Oatmeal Cookies	30
Whole-Wheat Coconut Cake	30

Figure 1: Composition of Dietary Fats

FAT	PERCENT OF SATURATED FATS	PERCENT OF MONOUNSATURATED FATS	PERCENT OF POLYUNSATURATED FATS
Canola oil	6	62	32
Safflower oil	10	13	77
Sunflower oil	11	20	69
Corn oil	13	25	62
Soybean oil	15	24	61
Olive oil	14	77	9
Chicken fat	31	47	22
Lard	41	47	12
Beef fat	52	44	4
Palm oil	51	39	10
Butter	66	30	4
Coconut oil	92	6	2

Figure 2: Carbons and Double Bonds in Fatty Acids

Fatty Acid	Number of Carbons	Number of Double Bonds	Common Source
SATURATED FATTY ACIDS			
Acetic	2	0	Vinegar
Butyric	4	0	Butterfat
Caproic	6	0	Butterfat
Caprylic	8	0	Coconut oil
Capric	10	0	Palm oil
Lauric	12	0	Coconut oil
Myristic	14	0	Nutmeg oil
Palmitic	16	0	Animal and vegetable oil
Stearic	18	0	Animal and vegetable oil
Arachidic	20	0	Peanut oil
MONOSATURATED FATTY ACIDS			
Palmitoleic	16	1	Butterfat
Oleic	18	1	Olive oil
Erucic	22	1	Rapeseed (canola) oil*
POLYUNSATURATED FATTY ACIDS			
Linoleic	18	2	Vegetable oil
Alpha-linolenic	18	3	Linseed oil
Arachidonic	20	4	Lecithin
Eicosapentaenoic	20	5	Fish oils
Docosahexaenoic	22	6	Fish oils
<p>* Rapeseed oil contains as much as 55 percent erucic acid—a very toxic fatty acid. Canola oil in our foods has been genetically altered to include only 1 percent or less erucic acid.</p>			

RECIPES FOR NUTRITION AND BEAUTY

The recipes in this section are useful for people who don't ordinarily use much oil in cooking or food preparation and want to incorporate coconut oil into their diets. Keep in mind that it isn't necessary to take 3 or 4 tablespoons of oil in one single meal; in fact, it's better to spread it out over the entire day. Use these recipes as they are or as examples to create your own and adjust the oil content to suit your needs.

Beverages

Sweetened Coconut Milk

Makes five 1/2-cup servings

Often coconut milk straight from the can is very thick and creamy and not very sweet, which makes it great for use in soups and sauces. Straight from the can it's more like a thick, unsweetened cream and too rich to drink by the glass. With just a little preparation, however, you can make an excellent substitute for cow's milk.

This recipe shows you how to turn a can of coconut milk into a creamy coconut beverage that is good enough to drink by the glass, pour over hot or cold cereal, or combine with freshly cut fruit such as peaches or strawberries in a bowl. Diluting the milk slightly and adding a little honey gives it a mild, pleasant sweetness that will have you wanting to drink it by the glass.

- 1 (14-ounce) can coconut milk
- 7 ounces water (one-half can)
- 2 tablespoons honey (or sweetener of your choice)
- Pinch of salt

Empty coconut milk into a quart-size container. Add water, honey, and salt. Mix thoroughly, chill, and serve. *Note:* The honey will dissolve in the mixture easily if the liquid is at room temperature or warmer. For sweeter milk add more honey. For less creamy milk add more water.

The recipe makes a little more than 2½ cups milk. Each ½-cup serving of this milk contains approximately 1 tablespoon of coconut oil. A 12-ounce glass (1½ cups) will supply you with approximately 3 tablespoons of oil, and 1¾ cups supplies 3½ tablespoons.

Flavored Coconut Milk

Makes five 1/2-cup servings

Vanilla and almond extract give the milk a wonderful added taste. Other extracts may also be added for variety.

- 2½ cups Sweetened Coconut Milk (p. 6)
- 1 teaspoon vanilla or almond extract

Add extract to milk, stir, and serve.

Breakfast

Hash Browns

Makes 1 large serving or 2 smaller servings

Fried potatoes absorb a lot of fat when they are cooked. Coconut oil is an excellent frying fat because of its stability under heat.

- 1 medium potato
- 2 tablespoons coconut oil
- Salt and pepper

Grate potato and set it aside. Heat coconut oil in a frying pan to 300 degrees F. (I use an electric frying pan so I know the exact temperature.) Add grated potato to hot pan, spread it out evenly over the bottom of the pan, then push it down with a spatula so potato pieces form a mat. (You want the potato to be in contact with the bottom of the pan and the oil.) Cover the pan and cook for 10 to 12 minutes. Remove the cover. The potatoes are completely cooked. You do not need to turn the hash browns over and cook the other side. Serve by flipping the potatoes onto a plate, toasted side up. Season with salt and pepper to taste. Contains about 2 tablespoons coconut oil per large serving or about 1 tablespoon per small serving.

Coconut Milk Smoothie

Makes 1 smoothie

- 1 ripe banana
- 1 cup coconut milk
- 1 cup orange juice

Chill all ingredients before using. Blend all ingredients in a blender until smooth. To thicken the smoothie, put it in the freezer for an hour before serving. Contains 2 tablespoons coconut oil per smoothie.

Piña Colada Smoothie

Makes 1 smoothie

- 1 cup coconut milk
- 1 cup orange juice
- ½ cup fresh chopped pineapple

Chill all ingredients before using. Blend all ingredients in a blender until smooth. To thicken the smoothie, put it into the freezer for 45 minutes before serving. Contains 2 tablespoons coconut oil per serving.

Fruit Smoothie

Makes 1 smoothie

- 1 cup coconut milk
- 1 cup fresh strawberries or blueberries
- ½ ripe banana
- Honey (optional)

Chill all ingredients before using (fruit can be frozen). Blend all ingredients in a blender until smooth. To thicken the smoothie, put it into the freezer for 45 minutes before serving. For a sweeter smoothie, add a little honey or other sweetener. Contains 2 tablespoons coconut oil per smoothie.

Fruit Smoothie Blend

Makes 2 smoothies

- 1 cup strawberries
- 1 cup raspberries
- 1 cup blueberries
- 1 cup coconut milk
- 1 cup orange juice
- Honey (optional)

Chill all ingredients before using (fruit can be frozen). Blend all ingredients in a blender until smooth. To thicken the smoothie, put it into the freezer for 45 minutes before serving. For a

sweeter smoothie, add a little honey or other sweetener. Contains 1 tablespoon coconut oil per smoothie.

Yogurt Smoothie

Makes 2 smoothies

You don't always have to use coconut milk to add coconut oil to a smoothie. Here is a recipe that uses coconut oil. The secret to adding coconut oil to a smoothie is to put it in last while the blender is turned on. This way the oil is more evenly dispersed in the drink. If you add coconut oil while mixing the fruit, it tends to harden and form little beads or chunks that some people prefer not to have in a smoothie.

- 1 cup vanilla yogurt
- 1 cup fruit juice
- 2 cups fruit
- 2 tablespoons melted coconut oil*

Chill all ingredients except coconut oil before using (fruit can be frozen). Blend yogurt, juice, and fruit in a blender until smooth. Just before turning off the blender, slowly pour in melted coconut oil. Continue to blend for about 30 seconds. Contains 1 tablespoon coconut oil per smoothie.

* You may use up to 6 tablespoons of coconut oil if you like. That would give you 3 tablespoons of oil per serving.

Whole-Wheat Muffins

Makes 12 muffins

- $\frac{3}{4}$ cup lukewarm water
- 1 egg
- $\frac{1}{3}$ cup honey
- $\frac{1}{2}$ cup applesauce
- 1 teaspoon vanilla extract
- 3 tablespoons melted coconut oil
- $1\frac{3}{4}$ cups whole-wheat flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt

Preheat oven to 400 degrees F. Grease a standard muffin tin. Combine water, egg, honey, applesauce, vanilla, and melted coconut oil (not hot) in a bowl and mix thoroughly. In a separate bowl mix together flour, baking powder, and salt. Add the dry ingredients to the liquid ingredients, mixing just until moistened. Pour into greased muffin cups. Bake for 15 minutes. Contains $\frac{1}{4}$ tablespoon oil per muffin. If you increase the coconut oil in the batter to 6 tablespoons, each muffin will contain $\frac{1}{2}$ tablespoon oil.

Blueberry Muffins

Makes 12 muffins

This recipe makes delicious whole-wheat blueberry muffins.

- $\frac{1}{2}$ cup lukewarm water
- 1 egg
- $\frac{1}{2}$ cup honey
- 1 teaspoon vanilla extract
- 3 tablespoons melted coconut oil
- $1\frac{1}{2}$ cups whole-wheat flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 cup fresh blueberries

Preheat oven to 400 degrees F. Grease a standard muffin tin. Combine water, egg, honey, vanilla, and melted coconut oil (not hot) in a bowl and mix thoroughly. In a separate bowl mix together flour, baking powder, and salt. Add the dry ingredients to the liquid ingredients, mixing just until moistened. Fold in blueberries. Pour into greased muffin cups. Bake for 15 minutes. Contains about $\frac{1}{4}$ tablespoon oil per muffin. As a variation to this recipe you can substitute another fruit, such as raspberries or cherries, for the blueberries. You can create a variety of delicious muffins using different types of fruits.

Coconut Bran Muffins

Makes 12 muffins

- 1 cup water
- 1 tablespoon vanilla extract
- $\frac{1}{3}$ cup honey
- 1 egg
- $\frac{1}{4}$ cup wheat bran

- 1 cup whole-wheat flour
- $\frac{1}{4}$ cup grated unsweetened coconut
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- 3 tablespoons melted coconut oil
- $\frac{1}{2}$ cup walnuts or pecans

Preheat oven to 400 degrees F. Combine water, vanilla, honey, egg, and bran in a bowl and let sit for about 10 minutes. (The bran will absorb some of the moisture as it sits, which will improve the texture of the final product.) In another bowl mix together flour, coconut, baking powder, salt, cinnamon, and nutmeg. Add melted coconut oil (not hot) and walnuts or pecans to the liquid ingredients and mix together. Combine the wet and dry ingredients in one bowl and mix just until moist. Do not overmix or the muffins will not rise as well. Pour into greased muffin cups. Bake for 15 minutes. Contains $\frac{1}{4}$ tablespoon coconut oil per muffin. If you increase the coconut oil in the recipe to 6 tablespoons, each muffin will contain $\frac{1}{2}$ tablespoon oil.

Baking-Powder Biscuits

Makes 10 biscuits

- 2 cups whole-wheat flour
- 3 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 5 tablespoons coconut oil, hardened
- $\frac{3}{4}$ cup coconut milk

Preheat oven to 450 degrees F. Combine flour, baking powder, and salt in a bowl. Cut coconut oil into flour to form coarse crumbs. Add coconut milk and stir quickly with fork just until dough follows fork around bowl. Knead on lightly floured surface about 10 times. Roll or pat dough to $\frac{1}{2}$ -inch thickness. Dip biscuit cutter in flour and cut dough. Place on ungreased cookie sheet and bake for 12 minutes. Contains $\frac{1}{2}$ tablespoon coconut oil per biscuit.

Whole-Wheat Pancakes

Makes 12 pancakes

- $\frac{1}{4}$ cup coconut oil
- $1\frac{1}{2}$ cups whole-wheat flour

- ¼ teaspoon salt
- 2 teaspoons baking powder
- 1 egg
- ¾ cup lukewarm water
- ½ cup applesauce

Heat coconut oil in skillet over low heat until just melted. Mix flour, salt, and baking powder in a bowl. In a separate bowl, beat egg, water, applesauce, and melted coconut oil (not hot) together. Leave coconut oil residue in the skillet and increase temperature to moderate heat, about 300 degrees F. As skillet is heating, combine liquid and dry ingredients and mix together only until well dampened. Do not overmix, as this will make pancakes heavier. Use about 3 tablespoons batter for each pancake. Cook until bubbles form over surface, turn gently, and brown the other side. Serve hot with honey, maple syrup, fruit, or other topping. Contains ⅓ tablespoon oil per pancake. Three pancakes supply 1 tablespoon oil and six pancakes 2 tablespoons. You can adjust the amount of oil you use. Reducing the amount of coconut oil in the batter to 2 tablespoons would give you 1 tablespoon for every 6 pancakes.

Coconut-Orange Pancakes

Makes about 12 pancakes

- 1 cup whole-wheat flour
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- ¼ cup grated coconut
- 1 egg
- 1 tablespoon molasses
- ¼ cup melted coconut oil
- 1¼ cups lukewarm orange juice

Mix flour, baking powder, salt, and coconut in a bowl. In a separate bowl, combine egg, molasses, melted coconut oil (not hot), and orange juice. (Warm orange juice is used to keep coconut oil from hardening.) Heat an additional tablespoon of coconut oil in a skillet to prevent pancakes from sticking. Combine liquid and dry ingredients and mix together only until well dampened. Do not overmix, as this will make pancakes heavier. Spoon batter onto hot skillet, making pancakes about 2½ to 3 inches in diameter. Serve with your choice of toppings. Contains ⅓ tablespoon coconut oil per pancake.

Granola

Makes fourteen 1-cup servings

- 6 cups old-fashioned oats
- 2 teaspoons cinnamon
- 4 cups shredded or flaked coconut
- 2 cups pecans, chopped
- 1 cup sunflower seeds
- 1 cup coconut oil
- 1 cup honey
- 1 tablespoon vanilla extract
- 1 cup raisins

Preheat oven to 325 degrees F. In a large bowl mix together oats, cinnamon, flaked coconut, pecans, and sunflower seeds. Heat coconut oil and honey in a small saucepan over medium heat until just melted, but not hot; remove from heat and add vanilla. Stir honey mixture into oat mixture. Pour into large baking dish. Bake for 1 hour and 15 minutes or until oats are golden brown. Stir occasionally while cooking for even browning. Remove from oven and cool. Add raisins. Store in an airtight container. Contains about 1 tablespoon coconut oil per serving.

Coconut Banana Bread

Makes 1 loaf

- $\frac{1}{2}$ cup melted coconut oil
- 1 cup sugar
- 1 (8½-ounce) can crushed pineapple with juice
- 2 eggs
- 1 ripe banana, mashed
- 2 cups flour
- $\frac{1}{2}$ cup unsweetened shredded coconut
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt

Preheat oven to 350 degrees F. Grease and flour a 9-by-5-inch loaf pan. Stir together melted coconut oil (not hot) and sugar. Mix in pineapple with its juice, eggs, and banana. Add flour, shredded coconut, baking powder, baking soda, and salt. Pour batter into prepared pan. Bake about 60 minutes, or until knife inserted in the center comes out clean. Loaf can be cut into about sixteen $\frac{1}{2}$ -inch slices. Contains $\frac{1}{2}$ tablespoon coconut oil per slice.

Condiments

Seasoned Coconut Oil

Makes 1/3 cup

A dip popular at some Italian restaurants combines olive oil and seasonings. Bread is dipped into the mixture and eaten as an appetizer. You can make a similar dip using coconut oil in place of olive oil.

- 3½ tablespoons coconut oil
- 2 tablespoons onion, finely diced
- 1 tablespoon garlic, finely diced
- ½ teaspoon basil
- ½ teaspoon oregano
- ¼ teaspoon paprika
- ¼ teaspoon salt
- ⅛ teaspoon black pepper (or cayenne pepper)

Combine all ingredients in a small saucepan. Heat until mixture just begins to simmer. Turn off heat and let cool. Don't overheat; your goal is not to cook it but just help the flavors blend. You can use this as a dip or as a spread for bread, a topping for pasta or vegetables, or a salad dressing.

Coconut Mayonnaise

Makes 1½ cups

Coconut mayonnaise made with 100 percent coconut oil, as in this recipe, tastes best when it is freshly made. When it is refrigerated it tends to harden because the oil solidifies. If you have mayonnaise left over after making this recipe and intend to use it a day or two later, bring it out of the refrigerator and let it sit at room temperature for about 30 minutes before using (depending on how warm your kitchen is). This will allow time for it to soften. The texture won't be as good as when it was freshly made, but it will still be usable.

- 1 egg
- 1 tablespoon apple cider vinegar
- ½ tablespoon prepared mustard
- ⅛ teaspoon paprika
- ¼ teaspoon salt
- 1 cup plus ¼ cup melted coconut oil

Combine egg, vinegar, mustard, paprika, salt, and ¼ cup melted coconut oil (not hot) in blender or food processor. Blend for about 60 seconds. While machine is running, pour in remaining 1

cup melted coconut oil (not hot) *very* slowly in a fine, steady stream. (The secret to making good mayonnaise is to add the oil in *slowly*.) Mayonnaise will thicken as oil is added. Taste and adjust seasoning as needed. Contains about $\frac{1}{2}$ tablespoon coconut oil per 1 tablespoon mayonnaise.

Vinegar and Oil Dressing

Makes 1 cup

One of the drawbacks to using coconut oil as a salad dressing is its high melting point (76 degrees F). Salads are usually served chilled, so when coconut oil is added, it hardens. You can get around this characteristic if you mix coconut oil with another oil that has a lower melting point, such as olive oil. This recipe is a good example.

- $\frac{1}{4}$ cup melted coconut oil (not hot)
- $\frac{1}{4}$ cup extra-virgin olive oil
- 3 tablespoons water
- $\frac{1}{4}$ cup apple cider vinegar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper

Put all ingredients into a screw-top jar. Cover and shake vigorously until well blended. Let stand at room temperature for 1 hour. Store in refrigerator. Contains about $\frac{1}{4}$ tablespoon coconut oil per 1 tablespoon dressing. The oil will eventually rise to the top and harden in the refrigerator. It will melt if you set it out at room temperature for an hour or so. You may also speed the melting of the oil by submerging the jar in hot water for a few minutes.

Buttermilk Dressing

Makes 1 cup

- $\frac{3}{4}$ cup Coconut Mayonnaise (p. 15)
- $\frac{1}{2}$ cup buttermilk
- 1 teaspoon dried dill
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt
- Dash of black pepper

Blend all ingredients together. Refrigerate for at least 1 hour. Contains about $\frac{1}{3}$ tablespoon coconut oil per 1 tablespoon dressing.

Salads

Tomato Vinaigrette Salad

Serves 4

- 2 medium tomatoes, sliced
- Lettuce leaves
- $\frac{3}{4}$ cup Vinegar and Oil Dressing (p. 16)
- 1 teaspoon oregano
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon dry mustard
- 1 clove garlic, crushed
- 4 scallions, finely chopped
- 1 tablespoon finely chopped cilantro

Divide lettuce leaves evenly among 4 serving plates. Top with tomato slices. Mix together Vinegar and Oil Dressing, oregano, salt, pepper, mustard, and garlic and pour over tomatoes. Garnish with scallions and cilantro. Contains $\frac{3}{4}$ tablespoon coconut oil per serving.

Waldorf Salad

Serves 4

- 4 medium tart apples, diced
- $\frac{3}{4}$ cup finely chopped celery
- $\frac{1}{3}$ cup chopped walnuts
- $\frac{1}{2}$ cup raisins
- $\frac{3}{4}$ cup Coconut Mayonnaise (p. 15)
- Lettuce leaves

Mix all ingredients together except lettuce leaves. Serve on a bed of lettuce leaves. Contains $1\frac{1}{2}$ tablespoons coconut oil per serving.

Fruit and Coconut Salad

Serves 6

- 1½ cups chopped fresh pineapple
- 2 bananas, sliced
- 2 oranges, peeled and diced
- 2 apples, cored and diced
- 1 cup raisins or chopped dates
- ½ cup shredded coconut
- ¾ cup Coconut Mayonnaise (p. 15)
- Lettuce leaves

Mix all ingredients together except lettuce leaves. Serve on bed of lettuce leaves. Contains 1 tablespoon coconut oil per serving.

Potato Salad

Serves 4

- 2 pounds (about 6 medium) red potatoes
- 1 small onion, chopped
- ½ cup finely chopped dill pickle
- ¼ cup Vinegar and Oil Dressing (p. 16)
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ½ cup Coconut Mayonnaise (p. 15)
- 1 medium stalk celery, chopped
- 2 hard-boiled eggs, coarsely chopped

Chop potatoes into ½-inch cubes and cook in boiling water until tender. Drain and let cool. In a large bowl, mix potatoes with remaining ingredients, cover, and chill slightly before serving. Contains ½ tablespoon coconut oil per serving.

Three-Bean Salad

Serves 6

- 1 (16-ounce) can green beans
- 1 (16-ounce) can wax beans
- 1 (16-ounce) can red kidney beans
- 1 cup chopped celery
- 4 scallions, finely chopped
- 1 cup chopped bell pepper
- $\frac{1}{2}$ cup chopped dill pickle
- $\frac{3}{4}$ cup Vinegar and Oil Dressing (p. 16)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper

Put all ingredients in a large bowl and mix well. Chill briefly and serve. Contains $\frac{1}{2}$ tablespoon coconut oil per serving.

Tomato and Garbanzo Bean Salad

Serves 4

- 2 medium tomatoes, chopped
- $\frac{1}{2}$ cup finely chopped bell pepper
- $\frac{1}{2}$ cup chopped Bermuda or Spanish onion
- 1 clove garlic, crushed
- 1 (16-ounce) can garbanzo beans, drained
- $\frac{1}{4}$ cup chopped cilantro
- $\frac{1}{2}$ teaspoon dried marjoram or oregano
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{2}$ cup Vinegar and Oil Dressing (p. 16)

Put all ingredients in a large bowl and mix well. Cover and let sit at room temperature at least 1 hour. Toss well before serving. Contains $\frac{1}{2}$ tablespoon coconut oil per serving.

Macaroni Salad

Serves 4

- ½ pound elbow macaroni
- 1 cup diced celery
- ½ cup diced scallions
- ⅓ cup finely chopped bell pepper
- 1 cup Coconut Mayonnaise (p. 15)
- 2 tablespoons white vinegar or lemon juice
- 2 teaspoons prepared mustard
- 1½ teaspoons salt
- ⅛ teaspoon black pepper

Cook macaroni according to package directions; drain and chill. In a large bowl, combine chilled macaroni with remaining ingredients, cover, and chill briefly before serving. Contains 2 tablespoons coconut oil per serving.

VARIATION:

Add 3 cups cubed cooked chicken and an extra ⅓ cup mayonnaise. Can be served as an entrée. Makes 6 servings. Contains approximately 2 tablespoons coconut oil per serving.

Soups

Clam Chowder

Serves 4

- ½ cup water
- 1 (8-ounce) bottle clam juice
- ½ cup minced yellow onion
- 4 cloves garlic, minced
- 1 stalk celery, chopped
- 2 cups diced potatoes
- 1 teaspoon salt
- ⅛ teaspoon white pepper
- 1 (14-ounce) can coconut milk
- 1 (8-ounce) can minced or chopped clams (do not drain)
- ¼ teaspoon paprika

In a medium saucepan bring water, clam juice, onion, garlic, celery, potatoes, salt, and pepper to a boil. Reduce heat and simmer for about 20 minutes or until potatoes are tender. Add coconut milk and clams with their liquid. Cook for about 5 minutes until heated through. Sprinkle with paprika. Contains 1 tablespoon coconut oil per serving. You may easily increase the amount of coconut oil in this dish by simply adding it.

Cream of Asparagus Soup

Serves 3

- 1 pound asparagus, washed, trimmed, and cut in 1-inch pieces
- ½ cup chopped celery
- ¼ cup chopped onion
- 1 cup water
- 1 (14-ounce) can coconut milk
- 1¼ teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon tarragon

Simmer asparagus, celery, and onion in water for 20 minutes or until very tender. Add coconut milk. Puree, a little at a time, in a blender at low speed. Return to pan and add salt, pepper, and tarragon, stirring occasionally, until hot but not boiling. Contains 1⅓ teaspoons coconut oil per serving.

Cream of Artichoke Soup

Serves 3

- ½ cup chopped celery
- ¼ cup chopped onion
- 2 cloves garlic
- 2 tablespoons coconut oil
- 2 tablespoons flour
- 1 cup water
- 1 (14-ounce) can coconut milk
- 1 (14-ounce) can artichoke hearts, drained and rinsed
- 1 teaspoon salt
- ¼ teaspoon white pepper
- ¼ teaspoon thyme

Sauté celery, onion, and garlic in coconut oil in a heavy saucepan over low heat until vegetables are tender. Stir in flour and cook for 2 minutes. Add water and coconut milk and bring to a boil. Reduce heat and simmer for 8 to 10 minutes. Puree half the mixture with all of the artichoke hearts in a blender; return to pan. Add remaining ingredients and heat, stirring, 2 to 3 minutes. Contains 2 tablespoons coconut oil per serving. You can increase or decrease the oil content by adjusting the amount of oil used to sauté the vegetables.

Cream of Cauliflower Soup

Serves 3

- 2 cups chopped cauliflower
- ½ cup chopped celery
- ½ cup chopped onion
- 1 cup water
- 2 tablespoons butter
- 2 tablespoons flour
- 1 (14-ounce) can coconut milk
- 1¼ teaspoons salt
- ⅛ teaspoon black pepper
- ¼ teaspoon curry powder

Simmer cauliflower, celery, and onion in water for 20 minutes or until very tender. Puree, a little at a time, in a blender at low speed. Heat butter in a saucepan over medium heat; blend in flour and cook until lightly browned, stirring frequently. Add coconut milk slowly, stirring until

smooth. Mix in pureed cauliflower mixture, salt, pepper, and curry powder, and heat, stirring occasionally, until hot but not boiling. Contains 1 $\frac{1}{3}$ tablespoons coconut oil per serving.

Vegetable Beef Stew

Serves 4

Coconut oil can easily be added to many of your favorite dishes. This recipe shows you how simple it can be.

- $\frac{1}{4}$ cup coconut oil
- 1 pound beef, cut into bite-size pieces
- $\frac{1}{2}$ onion, chopped
- 2 carrots, chopped
- 3 cups water
- $\frac{1}{2}$ cup tomato sauce
- 2 medium potatoes, chopped*
- 1 cup green beans
- 1 tablespoon chopped cilantro
- Salt and pepper

Heat coconut oil in a large saucepan over medium heat. Add beef and lightly brown. Add onion and carrots and cook, stirring frequently, until tender. Add water, tomato sauce, potatoes, and green beans; cover and simmer for 20 minutes or until potatoes and green beans are tender. Add cilantro and salt and pepper to taste and cook 1 additional minute. Contains 1 tablespoon coconut oil per serving. You may adjust the oil content by using more or less oil to sauté the beef.

* For a low-carb vegetable beef stew, replace potatoes with 2 cups chopped cauliflower.

Entrées

Chicken Salad

Serves 6

- 3 cups diced cooked chicken
- 1 cup diced celery
- $\frac{1}{4}$ cup minced Bermuda or Spanish onion
- $\frac{1}{4}$ cup minced bell pepper
- 2 tablespoons pimienta
- $\frac{3}{4}$ cup Coconut Mayonnaise (p. 15)
- 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- Paprika

Mix all ingredients together except paprika, cover, and chill briefly before serving. Garnish with paprika before serving. Contains 1 tablespoon coconut oil per serving.

Egg Salad

Serves 4

- 12 hard-boiled eggs, chilled, coarsely chopped
- 1 tablespoon minced yellow onion
- $\frac{1}{2}$ cup minced celery
- 1 tablespoon minced parsley
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{3}$ cup Coconut Mayonnaise (p. 15)

Mix all ingredients together. Stir well and serve on a bed of lettuce or sliced tomatoes, or as a sandwich spread. Contains $\frac{3}{4}$ tablespoon coconut oil per serving.

Tuna Salad

Serves 4

- 2 (7-ounce) cans tuna, drained and flaked
- $\frac{1}{2}$ cup minced Bermuda onion
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{2}$ cup Coconut Mayonnaise (p. 15)
- 2 tablespoons chopped cilantro
- $\frac{1}{2}$ teaspoon dried dill
- Dash of salt
- $\frac{1}{8}$ teaspoon black pepper

Mix all ingredients together. Serve on a bed of lettuce leaves or sliced tomatoes, or as a sandwich spread. Contains 1 tablespoon coconut oil per serving.

Curried Shrimp Salad

Serves 4

- $\frac{1}{3}$ cup Coconut Mayonnaise (p. 15)
- 3 tablespoons sour cream
- 1 teaspoon curry powder
- 1 teaspoon lemon juice
- 2 scallions, minced
- $\frac{1}{8}$ teaspoon black pepper
- 1 pound shrimp, cooked and shelled
- Mixed lettuce leaves

Mix all ingredients together except lettuce. Serve on a bed of mixed lettuce leaves. Contains $\frac{3}{4}$ tablespoon coconut oil per serving.

Chicken Oriental

Serves 4

- $\frac{1}{4}$ cup coconut oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped

- ½ bell pepper, chopped
- ½ head broccoli, sliced
- 1 pound chicken, cut in bite-size pieces
- 8 ounces mushrooms, sliced
- 2 cups bean sprouts
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 3 tablespoons cornstarch
- 1½ cups chicken broth or water
- ¼ cup tamari sauce
- ½ cup sliced almonds, toasted

Heat coconut oil in large skillet over medium heat. Add onion, garlic, bell pepper, and broccoli and sauté until tender. Add chicken, mushrooms, bean sprouts, ginger, and salt; cover and cook, stirring occasionally, for about 3 minutes. Mix cornstarch into chicken broth and add to skillet, stirring constantly, until thick and bubbly. Remove from heat. Stir in tamari sauce. Serve topped with toasted almonds. Contains 1 tablespoon coconut oil per serving.

Broccoli Smothered in Coconut Chicken Sauce

Serves 4

- 1 large head broccoli, divided into florets (about 4 cups)
- ½ cup chopped green pepper
- ½ medium onion, chopped (about ½ cup)
- ¼ cup coconut oil
- ¼ cup flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 (14-ounce) can coconut milk
- 1 cup water or chicken broth
- 1 (4-ounce) can mushroom stems and pieces, drained
- 3 cups chopped cooked chicken

Cook broccoli in steamer. While broccoli is cooking, sauté green pepper and onion in coconut oil over medium heat for 5 minutes; remove from heat. Blend in flour, salt, and pepper. Reduce heat to low, return pan to heat, and cook, stirring constantly, until vegetables are tender; remove from heat. Stir in coconut milk, water, mushrooms, and chicken. Bring to a boil, stirring frequently; reduce heat and simmer for about 10 minutes, until sauce thickens. Serve over hot steamed broccoli. Contains 1 tablespoon coconut oil per serving.

Salmon in Coconut Cream Sauce

Serves 4

- 1 (14-ounce) can coconut milk
- 1 tablespoon cornstarch
- 1 teaspoon curry powder
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon white pepper
- 1 to $1\frac{1}{2}$ pounds salmon fillets, skinned
- $\frac{1}{2}$ cup chopped tomato
- $\frac{1}{4}$ cup chopped fresh cilantro

Preheat oven to 350 degrees F. In a casserole dish mix coconut milk, cornstarch, curry powder, salt, and pepper. Add salmon, cover, and bake for 1 hour. Serve salmon covered with curry cream sauce from casserole dish and topped with tomato and cilantro. The sauce goes well poured on a side dish of vegetables such as broccoli, green beans, or peas. Contains 1 tablespoon coconut oil per serving. More oil may be added if desired.

Filet of Sole in Coconut Milk

Serves 4

- $\frac{1}{4}$ cup coconut oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 cups chopped cauliflower
- 5 cloves garlic, chopped
- 4 sole fillets*
- 1 teaspoon cornstarch
- 1 teaspoon garam masala†
- 1 (14-ounce) can coconut milk
- Salt and pepper

Heat coconut oil in skillet. Add onion, pepper, cauliflower, and garlic and sauté until tender. Push vegetables to side of skillet and add sole. Stir cornstarch and garam masala into coconut milk and add to skillet. Cover and simmer for 10 minutes. Add salt and pepper to taste. Contains 2 tablespoons coconut oil per serving.

* You may use any type of white fish in this recipe.

† Garam masala is a blend of spices commonly used in Indian cuisine and similar to curry powder. It's available in the spice section of most grocery stores. If you don't have garam masala you can use curry powder.

Thai Shrimp and Noodles

Serves 4

- 8 to 10 ounces wheat or rice noodles
- $\frac{1}{4}$ cup coconut oil
- 1 onion, chopped
- 1 green pepper, chopped
- 1 head broccoli, chopped
- 1 teaspoon green curry paste*
- $\frac{1}{2}$ pound shrimp, peeled, tails off
- $\frac{1}{4}$ cup fish sauce*
- Salt

Cook noodles according to package directions; drain and set aside. Heat coconut oil in a skillet. Add onion, green pepper, and broccoli and sauté until tender. Add green curry paste and shrimp and continue cooking for 5 minutes or until shrimp is cooked through. Add fish sauce, remove from heat, and stir in noodles. Add salt to taste. Contains 1 tablespoon coconut oil per serving.

* Green curry paste and fish sauce are popular flavorings used in Thai cooking. You can find them in the Asian section of the grocery store.

Desserts

Whole-Wheat Coconut Brownies

Makes 16 squares

- ½ cup melted coconut oil
- 2 eggs
- 1 cup sugar
- 1 teaspoon vanilla extract
- ¾ cup whole-wheat flour
- ⅓ cup cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup pecans, chopped
- 1 cup shredded or flaked coconut

Preheat oven to 350 degrees F. Blend melted coconut oil (not hot) and eggs together. Mix in sugar and vanilla and set aside. In a separate bowl mix together flour, cocoa, baking powder, and salt. Mix together wet and dry ingredients. Stir in pecans. Pour batter into a greased 8-by-8-by-2-inch baking dish. Sprinkle coconut on top and bake for 30 to 35 minutes. Cool to room temperature and cut into 16 squares. Contains ½ tablespoon coconut oil per square.

Coconut Cookies

Makes 36 to 40 cookies

- 3 cups flour
- 1½ cups grated or shredded coconut
- 1½ teaspoons baking powder
- 1 teaspoon salt
- 1¼ cups melted coconut oil
- 3 eggs
- 1½ cups sugar
- 1½ teaspoons almond extract

Preheat oven to 375 degrees F. Mix together flour, coconut, baking powder, and salt and set aside. Blend melted coconut oil (not hot), eggs, sugar, and almond extract. Mix wet and dry ingredients together. Roll dough into 1½-inch balls and place 2 inches apart on cookie sheet. Flatten balls to about ½-inch thickness. Bake for 12 to 15 minutes, until pale tan. Transfer to wire racks to cool. Contains ½ tablespoon coconut oil per cookie.

Coconut Oatmeal Cookies

Makes 24 cookies

- 1 cup brown sugar
- $\frac{1}{2}$ cup melted coconut oil
- 2 eggs
- $\frac{1}{2}$ teaspoon vanilla extract
- $1\frac{1}{2}$ cups flour
- 1 cup oats
- $\frac{1}{2}$ cup shredded or grated coconut
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup chopped walnuts

Preheat oven to 375 degrees F. Mix together sugar, melted coconut oil (not hot), eggs, and vanilla. In a separate bowl, combine flour, oats, coconut, baking powder, cinnamon, and salt; stir into wet mixture. Fold in walnuts. Roll into $1\frac{1}{2}$ -inch balls and place on ungreased cookie sheet 2 inches apart and slightly flatten. Bake for 15 minutes. Contains $\frac{1}{3}$ tablespoon coconut oil per cookie.

Whole-Wheat Coconut Cake

Makes 16 pieces

- $2\frac{1}{3}$ cups whole-wheat flour
- $1\frac{2}{3}$ cups sugar
- $1\frac{1}{4}$ teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup melted coconut oil
- 2 eggs
- 2 ripe bananas, mashed
- 2 teaspoons lemon juice
- $\frac{3}{4}$ cup chopped walnuts
- 1 cup shredded coconut

Preheat oven to 350 degrees F. Grease and lightly flour a 13-by-9-by-2-inch baking pan. Mix flour, sugar, baking powder, baking soda, and salt in large mixing bowl. Add melted coconut oil (not hot), eggs, bananas, and lemon juice and mix until all flour is dampened. Beat vigorously for 2 minutes. Fold in walnuts. Sprinkle top with coconut. Bake for 35 minutes or until knife inserted in center comes out clean. Cool 10 minutes in pan. Cut into 16 slices. Contains 1 tablespoon coconut oil per slice.