# Super Food: Coconut (Hardback)



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# Reviews

Completely essential study publication. This is for anyone who statte that there was not a well worth reading through. I am very easily could get a satisfaction of reading through a written publication.

(Hallie Stanton)

# SUPER FOOD: COCONUT (HARDBACK)



Bloomsbury Publishing PLC, United Kingdom, 2017. Hardback. Condition: New. Language: English. Brand New Book. One of the most useful trees in the world, it s all you need to survive on a desert island. Or just treat yourself to some coconut prawns whilst sipping a vodka, grapefruit and coconut water cocktail. Then treat your skin with an invigorating coconut oil and sea salt body scrub. Super Food: Coconut includes: Feature spreads - covering everything from the history of coconuts, health benefits, palm wine and how to grow your own. Plus the coconut s role in JFK s WWII experiences! Delicious food and drink recipes - from snacks, starters, mains and desserts to smoothies and cocktails. Treat yourself to coconut prawns whilst sipping your vodka, grapefruit and coconut water cocktail. Health and beauty recipes - from coconut moisturiser to a invigorating coconut oil and sea salt body scrub. Food is super! There s all sorts of things you can do with fruit and veg - and not always what you d expect. Whether it s cooking delicious dishes, looking after your teeth or making facepacks, there s all kinds of interesting, healthy uses for fruit and veg. Each book in the Super Foods series takes a look at one ingredient and shows a host of uses - both practical and delicious. The first books in the series are: Avocado, Cucumber, Pomegranate, Lemon, Beetroot and Coconut.



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