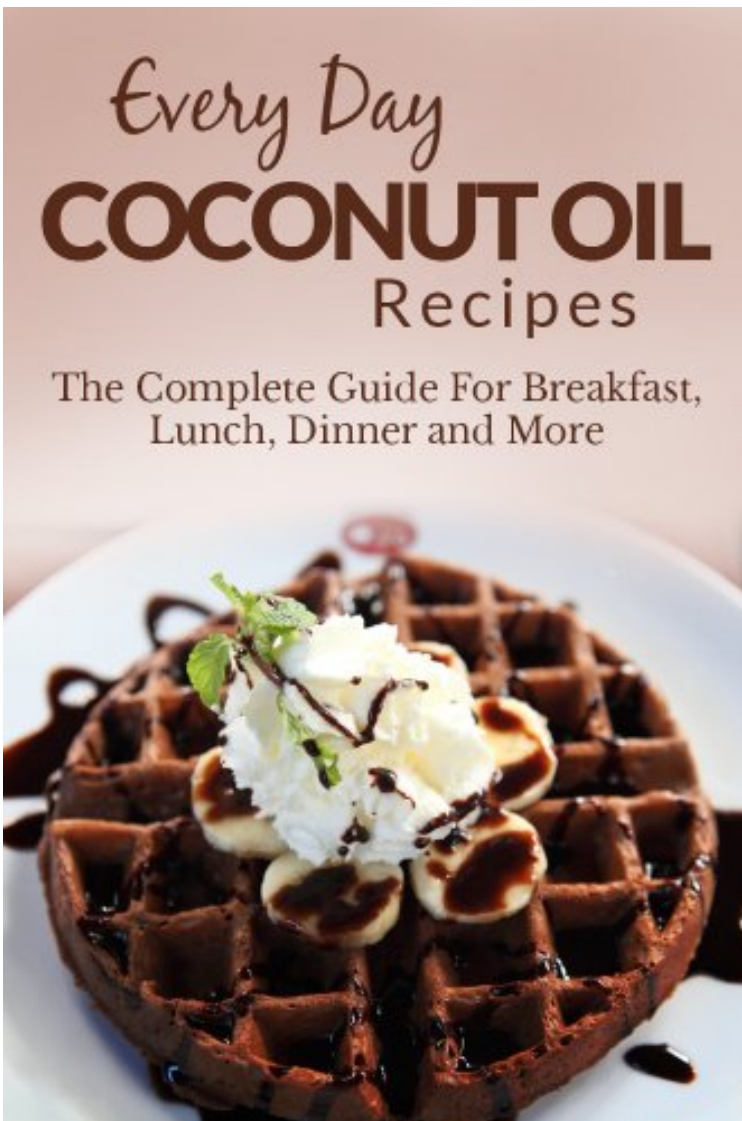


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Par Ranae Richoux

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Description :

Prsentation de l'diteurCoconut oil has been experimented with and used for culinary, medical, and cosmetic purposes by those in tropical climates. In fact, if you scour the pages of history, youll find that coconut oil has been used for several centuries by those living in tropical climates. Although coconut oil isnt as popular today as it was hundreds of years ago or even 50 years ago, it still has many uses in and outside of the kitchen. Coconut oil is popular in the kitchen not only because of its origins but also because it has a high

burning temperature and it is a much better alternative to many oils on store shelves today. Using the Every Day Coconut Oil Recipes, everyone from beginners to experts can find new ways to use coconut oil. Not only are there health benefits and recipes in this book, there are also home remedies and uses for coconut oil outside of the kitchen. Presentation de l'diteurCoconut oil has been experimented with and used for culinary, medical, and cosmetic purposes by those in tropical climates. In fact, if you scour the pages of history, you'll find that coconut oil has been used for several centuries by those living in tropical climates. Although coconut oil isn't as popular today as it was hundreds of years ago or even 50 years ago, it still has many uses in and outside of the kitchen. Coconut oil is popular in the kitchen not only because of its origins but also because it has a high burning temperature and it is a much better alternative to many oils on store shelves today. Using the Every Day Coconut Oil Recipes, everyone from beginners to experts can find new ways to use coconut oil. Not only are there health benefits and recipes in this book, there are also home remedies and uses for coconut oil outside of the kitchen.