

# COCONUT

# MILK : FLOUR : OIL

# RECIPES

BY  
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# Coconut Milk Recipes, Coconut Oil & Flour Recipes. Low Carb Paleo, Allergy Free, Dairy Free and Gluten Free Recipe Book

Jane Burton



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# Why Use Coconut Products in Recipes?



**Coconut milk and coconut oil is one of the most popular healthy substitute ingredients for soy, dairy milk and other dairy products. Coconut flour is a great alternative to wheat flour which isn't suggested on a gluten free or Paleo diet.** These substitutes are not only popular in Paleo recipes, but also for people with food allergies and want a gluten free, dairy free diet.

I use coconut milk extensively in not only cooking and baking, but also smoothies and ice creams. It is a fabulous alternative to cow's milk when eating Paleo. The recipes in this book are without whole milk and other dairy products. As well as coconut oil and flour, they may also include almond milk, almond flour, almond butter, olive oil and of course other coconut products. You will find a large variety of delicious recipes for low carb Paleo and allergy free eating. I hope you enjoy the recipes as much as I do - let's get started!



# Coconut Milk Recipes

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**Coconut milk can be used as a substitute in many recipes for cows milk when eating Paleo.** I constantly use it when making **muffins, cakes, curries, sauces, ice cream, smoothies and dips** to accompany Paleo lunch dishes. I love the flexibility of it and also coconut oil for cooking. Read labels in the shop carefully. Try to find natural varieties without additives and if you can get products in glass or cartons instead of cans that is better. Look for pure 100% virgin coconut oil, organic coconut flour and shredded coconut. You can even make your own coconut milk if you wish. My son loves drinking coconut milk fresh from the coconut, just as it is! **Following are many of my favorite coconut recipes, I hope you like them!**





# Coconut Oil Benefits for Health

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## Coconut Oil for your Health

**Coconut oil contains the good oil in saturated fatty acids (MCFAs) This is the healthy form of saturated fat, unlike trans fat.** The problems with Trans fatty acids is that it is linked with the blocking of the arteries, heart problems and increased cholesterol levels. It in effect "clogs our body" up. These harmful fats are commonly found in processed foods. This is where the Paleo diet comes in because its basic principles are totally against preservatives, additives and highly processed un-natural foods.

**Years ago coconut oil was thought to be bad for us due to raising cholesterol levels, but of course we have since discovered that there are two types of cholesterol - good HDL and bad LDL.** This is why I use olive and coconut oil; they are my favorite oils.

There has been reports that Ketones may help Alzheimer sufferers and although the calorie content is quite high in coconut oil, as is often the case with many oils) coconut oil is classed as one of the "good oils". Be sure when you buy coconut oil for health benefits especially, you buy pure, non hydrogenated oil only. **Hydrogenated oils are the same as "bad oils" like trans fats. Look at the label, 100% Pure Coconut Oil. Wherever possible, buy pure organic virgin coconut oil.**

- Coconut oil helps people suffering with irritable bowel syndrome because the fatty acids in coconut oil contain anti microbial properties. These are thought to have a soothing effect on bacteria, candida, or parasites in the stomach that cause poor digestion.
- A study by the Garvan Institute of Medical Research found that coconut oil protects us against insulin resistance. This is helpful for reducing the risk of type 2 diabetes.
- Support your immune system with coconut oil. It is full of healthy fatty acids containing anti-fungal, antibacterial and antiviral properties. Lauric acid is also thought to help heal viruses.

You may also find this [conversion chart about coconut oils and their nutrition](#) helpful.



# Coconut Oil for Skin

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## Coconut Oil as a Skin Moisturizer



**Coconut products also star as a natural beauty alternative to commercial products.** Use virgin coconut oil for hydrating your skin. This natural alternative to expensive creams will help keep your skin's tissues strong, which in turn help prevent that saggy look and early aging signs associated with wrinkles. It will help soften the appearance of fine lines. Coconut oil can be applied directly to your skin and used daily anywhere on your body because it is free of the harsh chemicals many over the counter creams and lotions contain. A great all round moisturizer. It's not only natural, but also doesn't carry the heavy price tag either!



# Coconut Oil for Hair

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## Coconut Oil for your Hair

If your hair is looking and feeling dry or lifeless, give it a coconut oil treatment! Works wonders as a hair and scalp conditioner. Massage about 1 - 3 teaspoons of oil through your head (and hair ends) leave on for about 1/2 hour to penetrate. For a deep treatment, leave on for longer and place a shower cap over your hair. The heat will encourage the oil to condition even further! Wash off thoroughly as usual with shampoo to remove oil. Your hair will be shiny and instantly healthier.



We can condition our skin and hair externally, but internally, If you take coconut oil fresh or by capsules, you will also notice your hair becoming shiny. I have also found this when taking Flaxseed oil capsules.



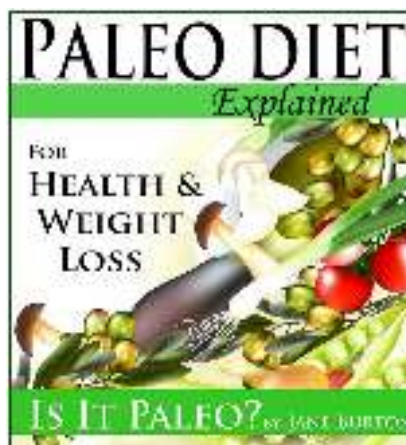
# Coconut Oil for Weight Loss

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## Coconut Oil for Weight Loss

There are a few reasons coconut oil is good for your health. One is it aids in digestion and the other is a study has suggested it helps reduce stomach/abdominal fat. The study discovered that coconut oil is easy to digest and also protects the body from insulin resistance. This of course is a health benefit all on its own. If you want to try coconut oil for weight loss, begin by having one teaspoon in your food a day and gradually work up to about four teaspoons a day. Other studies suggest coconut oil boosts the metabolism which is of course good for anyone wanting to lose weight and feel more energized.

The other highly relevant thing to mention here is that in line with the guidelines of the Paleo diet, coconut oil is one of those ingredients that is nutritious and will help you feel full for longer. High carbohydrate, and "nutritionally empty" foods high in calories and low in nutrition are bad for our health. You can learn more about how the Paleo diet helps with weight loss, the metabolism and long term good health in my book the [Paleo Diet for Modern People](#). You will also see that I have published (#1 best selling) Paleo recipe books if you want to check those out there too)



Once you replace the bad foods with nutritional foods, sugar cravings will drop too. This incorporate with changed eating habits to include natural "real" foods increase the chance of keeping the weight off and staying healthy long term. This is why Paleo is not a "fad" diet. It is more a food lifestyle. If you want to add sweeteners to your foods [here is the Stevia conversion chart](#).





# Cooking with Coconut Oil

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## Cooking with Coconut Oil

Recipes that call for coconut butter or oils will usually need to be melted. Don't over heat, but gently warm for about 10 - 20 seconds or so in the microwave. I always add oils into the frying pan JUST BEFORE placing the food in. This way the oil or butter won't burn.

I store coconut oil in the pantry winter time, but in the refrigerator if the weather/temperature is warm inside the house.



# Coconut Flour: Tips for Cooking, Measurement & Storage

## Tips for Using Coconut Flour

**Remember that coconut flour is higher in fiber, protein and fat than wheat flour. It is a very dense flour and very absorptive.** This means a little goes a long way which is good news. Because of this usually a high proportion of liquid ingredients are required in recipes to counteract the absorbency. Don't rush in adding more flour, as you will see that after a minute or so, the mixture will "thicken". (If the end product turns out dry or crumbly, this can be due to lack of not enough liquid)

**It is recommended to sift the flour before adding it to other ingredients because of coconut flour's dense nature, it can tend to have lumps.**

There are often many eggs called for in coconut flour recipes. The eggs act as a binding agent and also often a slight raising agent. Although recipes vary, the standard proportions are about 6 eggs for every 1/2 cup of coconut flour as a rough guide.



**Coconut flour like other flour should be stored in an air tight container.** It has a high capacity to absorb moisture and this will encourage lumps to form (further making it hard to get out of the mixture when cooking) and also shorten the shelf life. If stored at room temperature, it will last for many months, depending on how fresh it was to begin with!. If you want to store it in the refrigerator it will last longer; about 6 months to 12 months. If you want to buy bulk to save money, it also is possible to freeze it, but of course this uses up space and also power. It really depends on your availability and amount of use.



# Easy Home Made Coconut Milk

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## ***Ingredients:***

4 cups of water  
2 cups of unsweetened shredded coconut

## ***Directions:***

On the stove top, heat the water in a saucepan. You want it hot, but not boiling. Place the coconut into a food processor or blender. If you have a small machine, do this in two batches. Blend for 2 minutes till it has a thick and creamy texture. Now we have to sieve it to get the milk out. Pour the mixture through a mesh colander first to remove most of the coconut. Squeeze what is left through a thin tea-towel or several thicknesses of cheesecloth. This will remove the remaining finer bits of coconut. This may have to be done in batches. If you have to split the water, put all the coconut that you strained out back in the blender, add the remaining water, and repeat. Drink or store in fridge. Home made coconut milk will separate with the thicker bits going to the top, but just shake before using. You can add flavorings too!

**This video from YouTube** gives another example [How to Make your Own Coconut Milk](#)



# Coconut Flour Crepes with Fruit

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## **Ingredients:**

1/4 cup coconut flour  
2 egg whites  
1 tspn apple puree (optional)  
1/2 cup almond milk (little less if adding apple)  
1/2 tspn baking powder  
good pinch of raw salt  
1 tspn vanilla  
1/8 tspn cinnamon  
1 tspn coconut sugar or equivalent Stevia or Natvia  
about 1 tspn olive oil or almond butter for cooking (in batches)

## **Directions:**

Combine all ingredients and stir well with a beater or whisk until smooth. Heat a non stick skillet or fry pan to a medium high heat. Add about 1 tspn of oil to pan then pour about 1/2 cup of mix into pan for each crepe. Depending on the size of your pan will determine how many you can cook at once. (I cook 1 or 2 small ones at once) Cook until lightly golden, usually about 2 - 3 minutes on each side. Transfer to a plate and repeat with the remaining batter, adding more oil as you go. Top with pureed apple or other in season fruit. If feeling extravagant top with honey, maple syrup or coconut cream!



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sample content of Coconut Milk Recipes, Paleo Coconut Oil & Flour Recipes. Low Carb Paleo, Allergy Free, Dairy Free and Gluten Free Recipes (Paleo Recipes: Paleo Recipes ... Dinner & Desserts Recipe Book Book 3)

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