

A top-down photograph of coconut products on a rustic wooden surface. On the left, two whole coconuts with their brown, fibrous husks are visible. In the center, a small wooden bowl is filled with a mound of white, solid coconut oil. To the right, two small glass jars are shown, each containing a small amount of clear coconut oil with a layer of golden-brown coconut flakes floating on top. The background is a weathered wooden plank surface.

**BENEFITS**  
OF  
*Coconut*  
OIL

**+12** COCONUT OIL  
RECIPES

# INDEX



## **GENERAL**

Coconut Oil 101

## **USES**

30 Uses For Coconut (Besides Cooking)

## **RECIPES**

12 Coconut Oil Recipes

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A photograph of coconut oil products. In the foreground, a cracked coconut shell is partially open, revealing the white coconut meat. To the right, a small glass jar with a cork stopper is filled with solid, white coconut oil. In the background, a larger glass bottle with a cork stopper is filled with liquid coconut oil. The entire scene is set on a light-colored, textured fabric surface, possibly burlap. The background is a warm, blurred wooden surface.

# COCONUT OIL *101*

# CONTENT

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# WHAT IS Coconut Oil?

Let's start at the beginning. What exactly is coconut oil?

Coconut oil is made by extracting it from the coconut "kernel," the white, meaty part of the coconut beneath the shell. Its unique, nutritional profile is a game-changer for anyone mindful of their health.

Did you know that some people get the majority of their calories from this single food?

It's true. The Tokelauans (who live in the South Pacific) get over 60% of their calories straight from coconuts—without any serious health problems (e.g., heart disease) to speak of (1).

## Coconut Oil Nutrition Facts

Coconut oil is a calorically-dense source of energy and healthy fat.

Just one tablespoon of coconut oil contains:

- 14 grams of fat (12 of which are saturated)
- 116 calories

One of the most unique things about coconut oil's nutritional profile is the extremely high percentage of saturated fat. About 90% of the total fat found in coconut oil is saturated, making it one of the richest sources of saturated fat around (2).

Nutrition Facts			
Oil, coconut			
Amount Per 1 tbsp (13.6 g) ▾			
Calories 117			
		% Daily Value*	
<b>Total Fat</b> 14 g		21%	
Saturated fat 12 g		60%	
Polyunsaturated fat 0.2 g			
Monounsaturated fat 0.8 g			
<b>Cholesterol</b> 0 mg		0%	
<b>Sodium</b> 0 mg		0%	
<b>Total Carbohydrate</b> 0 g		0%	
Dietary fiber 0 g		0%	
Sugar 0 g			
<b>Protein</b> 0 g		0%	
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%
Vitamin D	0%	Vitamin B-6	0%
Vitamin B-12	0%	Magnesium	0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# IS COCONUT OIL *Good For You?*

People have been using coconut oil for thousands of years, but it's faced some nasty press over the past few decades.

## The issue?

Its high-saturated fat content.

Starting around 50 years ago, the mainstream medical establishment, (supported by flawed research from Ancel Keys' infamous Seven Countries Study) believed that eating saturated fat clogs arteries and leads to heart disease (2).

Just like whole eggs and red meat (two other foods we now know are extremely nutritious), coconut oil has found a place on mainstream nutrition's naughty list.

However, newer research has come to light, which definitively disproves the supposed connection between heart problems and eating foods high in saturated fat (3). For around 75% of us, eating saturated fat won't raise our cholesterol—because it isn't affected by dietary intake. Even among people who have high cholesterol, an increase in total cholesterol doesn't necessarily imply a greater risk of heart trouble.

## **“Not all saturated fats are created equal.”**

Mainstream nutrition also missed a key nuance: Not all saturated fats are created equal. Because coconut oil contains Medium Chain Triglycerides (MCTs), instead of long-chain fatty acids, your body metabolizes them differently than fats found in meats and cheeses (4). And they're worlds apart from the manmade, hydrogenated fats found in processed foods.

Coconut oil is incredibly healthy and versatile... as long as you're willing to get past the misconception that saturated fat is evil.

## **Bottom Line:**

- People have been thriving on coconuts and their oil for thousands of years.
- Coconut oil is high in fat. Almost all of it (around 90%) is saturated.
- The medical establishment's advice about avoiding saturated fats at all costs was ill-advised. New research emerged, which destroys the supposed link among saturated fat, cholesterol problems, and heart disease.

# THE BENEFITS OF *Coconut Oil*

Coconut oil is way more than just a tasty source of fat.

Here are some of the incredible benefits it can offer you:



**WEIGHT LOSS**



**DENTAL HEALTH**



**SKIN CARE**



**HAIR AND SCALP CARE**



**ANTIFUNGAL,  
ANTIBACTERIAL, AND  
ANTIVIRAL**



**CONTROLS CRAVINGS**



**PROMOTES  
BRAIN HEALTH**



**IMPROVES CHOLESTEROL  
AND REDUCES THE RISK OF  
HEART DISEASE**

However, newer research has come to light, which definitively disproves the supposed connection between heart problems and eating foods high in saturated fat (3). For around 75% of us, eating saturated fat won't raise our cholesterol—because it isn't affected by dietary intake. Even among people who have high cholesterol, an increase in total cholesterol doesn't necessarily imply a greater risk of heart trouble.



## Weight Loss

It might seem counterintuitive: How could eating a fat-dense, high-calorie oil be one of the best things you can do to lose weight?

But it's true!

The MCTs in coconut oil help you burn more fat. Because they go straight from your digestive tract to your liver, your body can use them as a quick energy source. Eating the same amount of calories from MCTs, instead of long-chain fatty acids, causes you to burn up to 5% more calories a day (5).

Coconut oil also helps curb your appetite. Multiple studies found that people who eat the most MCTs at breakfast ate fewer calories the rest of the day—without consciously trying to lower their caloric intake (6). This might be explained by how MCTs are metabolized in the body.

## Dental Health

Coconut oil is also a great way to keep your dentist off your back. Its antibacterial properties make it the perfect way to keep your mouth and teeth healthy, whether it's used in homemade toothpaste, mouthwash, or oil pulling.

One study from India found that oil pulling reduced bad breath, killed harmful bacteria, and improved overall dental health (6).



## Skin Care

You can also use coconut oil to help keep your skin moisturized, smooth, and youthful.

Coconut oil works great on dry skin, because it's been shown to improve skin hydration and the lipid levels on the skin's surface (7).

It also keeps your skin looking youthful. Coconut oil works like an antioxidant, improving your appearance and protecting your skin from the damage of free radicals (8).

Coconut oil is also an excellent choice for an aftershave lotion or pain relief after a sunburn. It keeps the skin moist, while its antibacterial properties ensure that wounds don't become infected.

## Hair and Scalp Care

If you're struggling with dry hair or dandruff, coconut oil might be just the remedy you're looking for.

You can make homemade coconut oil shampoo, and use it every time you shower—to moisturize your scalp and eliminate dandruff at the source. Another option: Use coconut oil as a natural conditioner. You won't have to worry about harmful chemicals in other conditioners, and the oil has even been shown to reduce protein loss (9).







## Antifungal, Antibacterial, and Antiviral

Coconut oil contains lauric acid, which helps fight bacteria and makes it extremely difficult for viruses and fungi to survive.

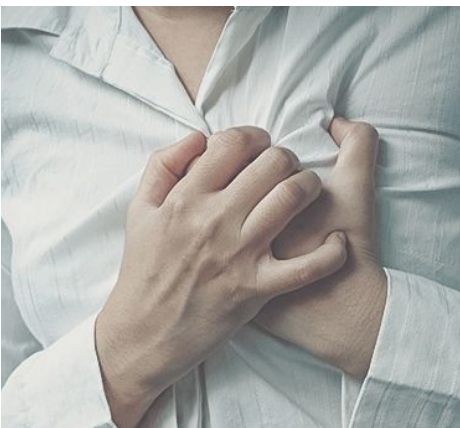
Many modern health issues (everything from athlete's foot to yeast infections and digestive problems) are caused by the overgrowth of bad bacteria, fungi, and viruses.

With its extremely high lauric acid content, coconut oil helps prevent those problems. One study found that it's a natural, effective treatment for *Candida albicans* and yeast infections (10). Lauric acid from coconut oil (combined with oregano oil) is even more effective in fighting staph infections than certain antibiotics (11). Shown to reduce protein loss (9).

## Controls Cravings

Coconut oil (and many foods made with it) are naturally sweet. You can enjoy them and satisfy your sweet tooth—without throwing your Paleo diet out the window for the occasional binge in the candy aisle!

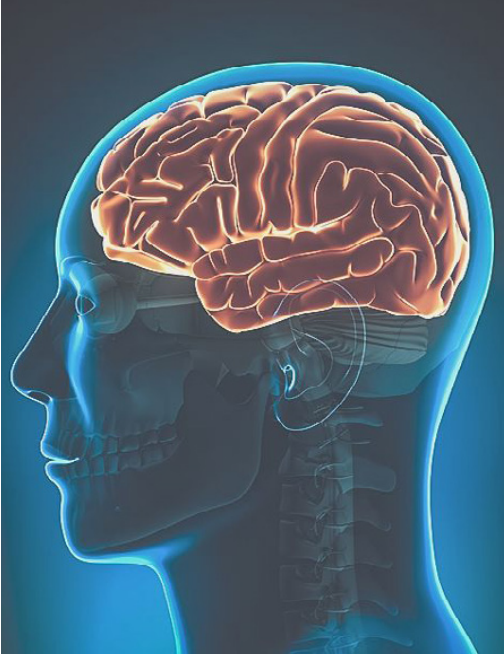
Besides being sweet, coconut oil also helps suppress your appetite. It's easier to face random cravings (or avoid them altogether) when you don't feel hungry throughout the day.



## Improves Cholesterol and Reduces the Risk of Heart Disease

Coconut oil is loaded with saturated fat, but it has the exact opposite effect on your health (e.g., blood and heart) than the medical establishment used to claim.

Coconut oil actually raises good HDL cholesterol. If you regularly ingest coconut oil over time, the increased HDL and decreased (harmful) LDL result in a healthier cholesterol profile (14). And that lowers the risk of heart disease.



## Promotes Brain Health

One study of elderly participants (with mild to moderate Alzheimer's disease) found that the MCTs in coconut oil improved their memory. After eating the oil, the group showed marked improvement in memory recall (12). That's probably due to coconut oil being easily absorbed into the body and accessed in the brain—without using insulin.

When you eat coconut oil, the MCTs in it travel straight from your digestive tract to your liver—and turn into ketones.

You might've heard of "ketosis," the state your body enters after eating a few carbohydrates and a large amount of fat. It's a tool for weight loss.

A ketogenic diet has actually been shown to be effective in reducing seizures in epileptic children—even if they were resistant to typical epilepsy drugs (13). Coconut oil helps by increasing the concentration of ketones in the blood.

### Bottom Line:

- If you use coconut oil regularly, it can cause weight loss, better dental health, cosmetic improvements, and better heart and brain health.



# USES FOR Coconut Oil

The sheer number of coconut oil's benefits is only matched by all the cool ways you can use it.

Here's how:



SKIN, HAIR,  
AND NAIL CARE



OIL PULLING



WEIGHT LOSS



COOKING OIL FOR  
PALEO RECIPES



NATURAL MASSAGE OIL  
AND LUBRICANT



MELT COCONUT OIL  
IN COFFEE AND TEA

However, newer research has come to light, which definitively disproves the supposed connection between heart problems and eating foods high in saturated fat (3). For around 75% of us, eating saturated fat won't raise our cholesterol—because it isn't affected by dietary intake. Even among people who have high cholesterol, an increase in total cholesterol doesn't necessarily imply a greater risk of heart trouble.



## Skin, Hair, and Nail Care

If you're struggling with dandruff or dry hair, try making your own coconut-oil shampoo or conditioner. They will help hydrate your hair, eliminate embarrassing dandruff flakes, and leave you with lustrous, full locks.

You can also try coconut oil as a moisturizer. Mix up a batch of coconut-oil based lotion, or just rub the stuff right on your skin. This

stuff is a lifesaver for dry elbows, knees, and hands. Try putting some on your cuticles, and watch how fast your nails grow!

## Oil Pulling

Oil pulling started in the Ayurvedic medicine tradition from India. It has been around for thousands of years. It's an awesome way to whiten teeth, kill off harmful bacteria, freshen breath, and prevent tooth decay.

All you have to do is gently swish a little coconut oil (probably less than a tablespoon) in your mouth for 15 to 20 minutes. Be sure not to swallow it, as the oil will draw out toxins and other impurities! Then just spit it out, and wash your mouth out with some warm water.



## Weight Loss

If you take coconut oil the first thing in the morning, it helps you burn more calories and eat less during the day—without even trying. Do this long enough, and it can add up to significant weight loss.

You can always turn to coconut oil as a quick snack. If you like the taste, just

have a spoonful whenever you're hungry; it kills cravings and gives you a quick energy boost. You can also mix coconut oil into smoothies, juices, and other drinks like coffee and tea (more on those in just a second).

## Cooking Oil for Paleo Recipes

Coconut oil is healthy, Paleo-friendly, and stable—even at extremely high temperatures. Unlike other cooking oils, which can oxidize and go rancid during frying or other high-temperature cooking methods, coconut oil leaves you with nothing to worry about (15).

You won't just find coconut oil in desserts or sweet treats. You can use coconut oil to either (though there are plenty of those!). You can use coconut oil to cook all kinds of meals and snacks—from breakfast to dinner and everything in between.

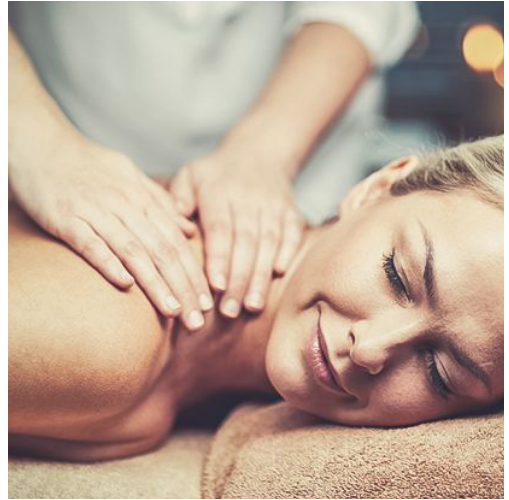
Coconut oil is a great substitute for recipes calling for margarine or other unhealthy, manmade vegetable oils and spreads.



## Massage Oil and Lubricant

Massage therapists have used coconut oil for decades to knead tight muscles and relieve stress. You can do the same. Just get your partner to warm up some coconut oil and rub your back, shoulders, neck, or other problem spots. It's amazing: A little goes a long way, and it moisturizes your skin, too!

You can even use coconut oil as a sexual lubricant. However, it can damage latex and polyisoprene condoms, so make sure to use another type of lubricant if you're using those (16).



## Promotes Brain Health

You can even melt a bit of coconut oil into your coffee or tea; any hot beverage works. Just put a dollop in, and make sure it's mixed well.

It can be an acquired taste, but some people love it the first time they try it. In any case, adding some coconut oil to your hot drinks adds a nice dose of flavor, as well as a turbo shot of energy in the form of a 100% healthy, Paleo-friendly fat.

## Bottom Line:

- You can eat coconut oil, cook with it, and mix it into drinks. You can also apply it to your skin, hair, and teeth— to experience all kinds of incredible health benefits.



# WHICH Coconut Oil Is Best?

With coconut oil's popularity exploding, there are more products than ever. Figuring out which coconut oil to choose might seem overwhelming, but it doesn't have to be.

Here's what you need to know:

## Refined Coconut Oil

Most coconut oils are refined, unless the label says otherwise. Refined coconut oil is made from dried coconut meat, which has been removed from the shell (i.e., "copra").

Copra is inedible without processing. That's why manufacturers put it through a refining, bleaching, and deodorizing process (RBD) to get rid of impurities and make the end product more stable.

Refining is the most common way to produce the coconut oil you find at grocery stores and health-food shops. It's usually cheaper than unrefined oil, but slightly inferior in quality. Refined coconut oil still has MCTs, though, and it has a nearly identical nutritional profile to unrefined oil.

Not all refined oils are created equal. Key differences are the extraction method and the chemicals (if any) that are used to process it:

- **Expeller-pressed coconut oils**  
These are obtained by pressing the coconut meat manually— without using any chemicals. If you're going for refined oils, these are your best bets.
- **Hydrogenated coconut oils**  
Yes, even coconut oil can be hydrogenated and stuffed with harmful trans fats. Avoid them at all costs!
- **Liquid coconut oils**  
Stay away from these, too. They don't contain lauric acid, which is crucial for many of the health benefits listed above (17).
- **Centrifuge**  
Some oil is prepared with a centrifuge, which breaks apart (i.e., "fractionates") the oil from the water; this exposes the oil to less heat during processing (which is good).

# WHERE CAN I GET Coconut Oil?

Ideally, look for organic, unrefined coconut oil (the label might say “virgin” or “extra-virgin”) to get the best-quality stuff. You’re looking for oil that came from fresh coconuts, not copra. The purest stuff will be produced via cold-pressing (i.e. without exposure to heat or other chemicals).

You’ll save money by buying in bulk, which works out well because coconut oil can keep for between 12 and 18 months—as long as you keep it away from direct sunlight.

## The Best Coconut Oil Brands

Here are some of the top-quality coconut oil brands to look out for:



Dr. Bronner's Organic  
Fair Trade  
Virgin Coconut Oil



Spectrum  
Organic  
Coconut Oil  
Nutiva  
Organic  
Virgin Coconut Oil



Nutiva  
Organic  
Virgin Coconut Oil



Spectrum  
Organic  
Coconut Oil, Unrefined



Thrive Market  
Organic  
Virgin Coconut Oil

## Best Coconut Oil Stores

Remember, most coconut oil at grocery stores (and even health stores) is refined. And that’s okay if you’re just looking to cook with it, or put it on your skin.

However, if you’re looking for the highest-quality stuff, it’s easier to track it down online.

Thrive Market is a great place to start. They sell plenty of high-quality coconut oil, as well as a ton of other premium-quality natural health products.

# COCONUT OIL

## FAQ's

**Q: "What's the difference between coconut oil and MCT oil?"**

A: MCT oil and coconut oil are two completely different things. MCT oil is a manufactured derivative of coconut oil, which contains much less lauric acid (18).

**Q: "Is coconut oil supposed to be solid or liquid?"**

A: Both! Coconut oil is liquid above 75 degrees F (25 C). Below that, it will be a solid fat. Maybe you have solid coconut oil, but you need it in liquid form. All you have to do is add a little heat by rubbing it in your fingers or applying low-level heat.

**Q: "Are there any side effects to coconut oil?"**

A: Coconut oil is very mild, and most people won't have any issues. Diarrhea is one possible effect if you consume a lot (e.g., several tablespoons/day) and you're coming off a low-fat, standard Western diet. If you're already eating Paleo, you shouldn't have any trouble.

Coconut allergies do exist, but most people have reactions to the meat itself (which contains protein), not the oil.

**Q. "Do I have to keep coconut oil in the refrigerator?"**

A: No. How you store coconut oil is up to you—refrigerated or at room temperature. Coconut oil will keep for a year or more, even at room temperature. Keep it out of direct sunlight to make sure it doesn't go rancid.

**Q: "Does cooking with coconut oil cause any problems?"**

No. Coconut oil is extremely stable, which means it will hold up nicely, even when it's exposed to high heat in baking or frying.

**Coconut Oil: A Superfood That Lives up to the Hype**

Coconut oil has been nourishing millions—maybe billions—of people around the world for thousands of years.

It can help you thrive, too.

It doesn't matter if you cook with it, put it on your skin, use it to clean your teeth, or all of the above. Coconut oil can help with all of those things and more.

It's a superfood in every sense of the word. Give it a try today.







30  
**USES FOR**  
*Coconut Oil*  
(BESIDES COOKING)

# CONTENT

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**#01** - Beauty Uses For Coconut Oil

**#02** - Using Coconut Oil Around Your Home

**#03** - Coconut Oil For Your Pets

**#04** - Coconut Oil For Wellness

We all know coconut oil is one of the healthiest cooking oils out there. When it comes to a Paleo lifestyle you know you'll see coconut oil used over and over again in recipes. That's because organic cold-pressed coconut oil has been far less processed than most other oils you will find at the grocery store. But the amazing benefits of coconut oil go far beyond just cooking. Did you know that coconut oil is also great for cleaning?! Or that it's a fantastic beauty product? Or that it can also keep your pets healthy?

Well, my friends, coconut oil does all that and then some. Coconut oil's little secret is that it contains lauric acid. Coconut oil is made up of almost 50% lauric acid, a medium-chain triglyceride which is easily absorbed by the body. Lauric acid also has fantastic antibacterial properties as well as antiviral and antifungal properties. These combined properties make coconut oil an amazing cleaning agent and beauty product as well.

## BEAUTY USES FOR *Coconut Oil*

- **Moisturize your Skin**

Use coconut oil just as you would any moisturizer and your skin will feel moisturized all day long. Use a small amount of coconut oil (a little goes a long way!) and apply it anywhere on your body for hydrated skin. At first you may seem a bit greasy, but don't worry, it absorbs into your skin quickly.

- **Enjoy a Relaxing Moisturizing Bath**

Adding a spoonful of coconut oil will not only help moisturize your skin but will also add some relaxation. The light tropical scent of coconut oil is also great for aromatherapy.

- **Smooth out your Skin**

Mix coconut with equal parts regular sugar and you'll have a perfect DIY body scrub. Next time you shower, buff and exfoliate your skin and rinse off for super smooth and moisturized skin (just be careful – the tub floor will get slippery!)

- **Care for your Cuticles**

Moisturize dry, flaky cuticles by rubbing coconut oil into your nail beds. The oils will also help your nails stay moisturized for stronger, more beautiful nails.

- **Fight Frizz & Fly-aways**

The best way to apply this without looking like a total grease-ball is to rub a TINY amount of coconut oil in your hands (as if you were applying hand lotion) and use the leftover on your ends. Start at the ends of your hair to protect from split ends and then work your way up if necessary. (Again – a little goes a very long way here!)

- **Deep Condition your Locks**

By now you see how moisturizing coconut oil is, which makes it the perfect all-natural deep conditioner for your hair as well. Coconut oil's fatty acids will penetrate deep into your strands to moisturize and soften them. Mix up an at-home coconut oil & honey hair mask and smooth it through your hair, let it sit for 30 minutes or so, and wash hair as normal.

- **Make Up Remover**

Coconut oil makes taking off heavy and difficult-to-remove make up a cinch. Rub a small amount of coconut oil onto a cotton ball and gently dab your eyes and skin with the oil. Gently wipe the coconut oil off with a wet washcloth and wash face normally. Yes, this even works with WATERPROOF mascara!

- **Improve Acne**

Now, it may seem counterintuitive to rub an oil all over your face when you have acne, however, the lauric acid in coconut oil comes to the rescue again. Coconut oil can help inflammation and redness related to acne. It will also help moisturize your skin instead of over-drying it (as most store-bought products will – making your body produce even more oil, snowballing the acne effect). Cleanse your face regularly, apply a very small amount on your face and allow it to soak in.

- **Help Reduce Wrinkles**

Coconut oil is also rich in antioxidants which help protect against free radical damage, a leading cause of early aging. Coconut oil can help reduce and prevent wrinkles, especially around the eyes. Massage, or dab, a small amount of coconut oil on your skin or around your eyes before going to sleep each night to help ward off wrinkles.

- **Improve Scalp Health**

Massage coconut oil into your scalp to fight dandruff. The coconut oil will help moisturize and fight the root cause of dandruff – fungus.

- **Soothe Sunburns**

After a long day in the sun, coconut oil can help relieve a sunburn. It can calm your skin and keep it moisturized to help minimize peeling.

- **Help Eczema Flare-Ups**

Coconut oil can help calm itchy and irritated skin related to eczema. Its anti-inflammatory, antibacterial, and antifungal properties help heal and soothe the skin.

- **Enjoy an at-home Massage**

Give your muscles some TLC with an at-home massage starring coconut oil. Coconut oil is great massage oil because it's slick, but soaks in fairly quickly, preventing that greasy feeling all day long!

- **Fight Body Odor**

Smooth some coconut oil on your armpits (seriously!). The lauric acid will help kill the bacteria that causes odor. It may not be powerful enough to fully deodorize your pits so you may also want to try a homemade deodorant!

## **USING COCONUT OIL** *Around Your Home*

- **An All-Natural GOO-Gone®**

Finally get rid of sticky residue and even gum with a little bit of coconut oil and some elbow grease. Rub a generous amount of coconut oil on the area and rub with a cloth until it comes clean.

- **Condition Wooden Utensils & Furniture**

Wooden utensils and furniture need to be conditioned to keep their beauty and strength. Condition and polish them with a generous amount of coconut oil by massaging it into the wood and let it seep in. Your wooden gems will look just like new!

- **Season your Cookware**

Cast iron cookware must be prepped before using to help prevent sticking. Season your cookware with coconut oil to maintain the integrity of the pan and to make cleanup a breeze.

- **Treat Leather**

Give leather new life by conditioning it with some coconut oil. Rub a small amount on the leather to clean the leather and add a bit of sheen.

- **Silence Squeaky Hinges**

We all know how annoying a squeaky hinge can be. Just rub a small amount of coconut oil on the hinge to lubricate the hinge and finally be at peace.

- **Remove Rust & Clean Metal**

Coconut oil can remove rust, clean bronze, and condition your metal. Spread a layer of coconut oil over the rusty area, and let it sit for at least two hours. Wash the oil off and wipe clean with a soft cloth.

- **Grease up Small Motors**

Small appliances with motors could benefit from a little coconut oil to keep them lubricated and running smoothly. You could even grease up your bike chain or lawnmower. Just remember that coconut oil solidifies at temperatures lower than 76 degrees.

# COCONUT OIL

## *For Your Pets*

- **Condition your Pet's Fur**

Coconut oil helps condition your pet's fur just as it does your own hair. Rub a small amount in your hands, then run your hands through your furball's coat for shiny and healthy fur.

- **Supplement your Pet's Health**

Again, just as you supplement your health with coconut oil, you can supplement your pet's health too. Adding a very small amount of coconut oil to their diet can improve their health, including helping with weight management and protection against arthritis. Always check with your vet before making any changes to your pet's diet.

# COCONUT OIL

## *For Wellness*

- **Prevent Chafing**

Help prevent chafing and treat areas that have already been affected. Rub a small amount on the area and enjoy comfort. Coconut oil can also help your baby. Soothe diaper rash with a homemade diaper rash cream made with coconut oil to soothe your little one.

- **Soothe Scratchy Throats**

Help a dry, scratchy throat by swallowing a bit of coconut oil or adding it to some calming tea.

- **Treat Cold Sores**

The antiviral properties in coconut oil may help treat cold sores. When you begin to feel like a cold sore is about to break through, rub some coconut oil around the spot to help heal it faster.

- **Protect Scrapes and Scratches**

For small and superficial cuts and scrapes, you can use coconut oil as you would Neosporin® to create a barrier against dust and bacteria.

- **Relieve Bug Bites and Stings**

To relieve itching from a bug bite or soothe bee stings, spread a small amount of coconut oil around the area to relieve discomfort.

- **Prevent Nosebleeds**

Most nosebleeds are caused by dry, irritated nostrils. Keep them moisturized by applying a small amount of coconut oil onto a cotton swab and coating the inside of your nose.

- **Comfortable Breastfeeding**

Moisturize tender and dry nipples after breastfeeding with coconut oil for an all-natural way to prevent cracked or painful nipples.



A small, clear glass bowl filled with a golden-yellow liquid, likely coconut oil, sits on a dark, textured wooden surface. The background is a blurred wooden surface with some dark spots, possibly from a coconut. The text is overlaid on a semi-transparent dark rectangle in the center of the image.

12  
**COCONUT OIL**  
*Recipes*



# CONTENT

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- #01 - Turmeric Ginger Smoothie with Coconut Oil
- #02 - 4-Ingredient Awakening Coffee with Turmeric, Coconut Oil and Coconut Milk
- #03 - Mexican Mocha with Silky Coconut Oil
- #04 - Chocolate Turmeric Truffles with Coconut Oil
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- #08 - No-Bake Thumbprint Cookies with Silky Cashew Butter
- #09 - Buttery Avocado Lime Cheesecake
- #10 - Pumpkin Bars with Coconut Buttercream Frosting
- #11 - Easy, Paleo 'Peanut' Butter Cups
- #12 - Gimmie-The-Good-Stuff Chocolate with Coconut Oil

## RECIPE MEASUREMENTS KEY

T = Tablespoon  
t = teaspoon

# TURMERIC GINGER SMOOTHIE WITH *Coconut Oil*

**L** Prep Time: 5 minutes

**L** Cook Time: 0 minutes

**🍴** Yield: 1 Serving

## Ingredients:

- 1½ cups unsweetened coconut milk
- 1 t turmeric
- 1 t coconut oil, softened
- 2 T pure or Manuka honey
- 1 t ginger, peeled and chopped
- 1 t chia seeds
- 1 cup ice, optional

## Tip:

To make this smoothie even more powerful, add these ingredients:

- 1 scoop of grass-fed protein adds amino acids and turns the smoothie into a great pre- or post-workout shake.
- 1 tablespoon grass-fed gelatin contains collagen, a vital building block for healthy skin.
- ½ banana provides potassium and adds fiber.
- ½ cup diced mango adds vitamin C.

## Instructions:

1. Combine ice, coconut milk, turmeric, coconut oil, honey and ginger in a blender. Blend on high speed until smooth and icy.
2. Pour into a glass and stir in chia seeds. Wait a few minutes before drinking to allow chia seeds to bloom slightly.



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# 4-INGREDIENT AWAKENING COFFEE WITH TURMERIC

## Coconut Oil & Coconut Milk

**L** Prep Time: 2 minutes   **L** Cook Time: 3 minutes   **🍴** Yield: 1 Serving

### Ingredients:

- 4 oz. brewed strong coffee or espresso
- 4 oz. coconut milk
- 1 t turmeric
- 1 T coconut oil, melted
- Optional: sweetener of choice, to taste

### Instructions:

1. Add coffee, coconut milk, turmeric, and melted coconut oil to a blender. Blend until frothy.
2. Enjoy!



*Recipe author*

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# MEXICAN MOCHA WITH SILKY *Coconut Oil*

 **Prep Time:** 5 minutes    **Cook Time:** 0 minutes    **Yield:** 1 Serving

## Ingredients:

- 4 oz. brewed strong coffee or espresso
- 4 oz. coconut milk
- 1 T cocoa powder
- ¼ - ½ t cayenne or chili powder
- ½ t cinnamon
- 1 T coconut oil
- 1 t maple syrup, raw honey, or coconut sugar, optional

## Instructions:

1. Add all ingredients to blender (including sweetener, if you so desire).
2. Blend until frothy. Drink immediately.



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# CHOCOLATE TURMERIC TRUFFLES WITH *Coconut Oil*

**L** Prep Time: 25 minutes   **L** Cook Time: 5 minutes   **🍴** Yield: 8 Truffles

## Ingredients:

- 1 cup unsweetened shredded coconut
- ½ cup raw honey, softened
- 1 T coconut oil, melted
- 1 t ground turmeric
- ¼ cup dark chocolate chips
- ¼ t sea salt

### Tip:

To make this smoothie even more powerful, add these ingredients:

- Store in an airtight container in the refrigerator.
- Turmeric can stain light-colored surfaces, so make sure to wash your hands periodically and to cover any surfaces you don't want stained with parchment paper.
- Remove the truffles from the fridge for 15 minutes before you eat them to let them soften.

## Instructions:

- 1.** In a mixing bowl, combine coconut, sea salt and turmeric. Stir to combine and break up any lumps of coconut.
- 2.** Pour in coconut oil and honey. Stir until completely mixed in.
- 3.** Roll mixture into small balls and place on a small parchment paper-lined baking sheet. Place in freezer for 10 minutes to set.
- 4.** Melt dark chocolate in a small saucepan over the stove using low heat. Stir until smooth.
- 5.** Use a butter knife to dip into chocolate and drizzle over truffles. Set in refrigerator for 10 minutes.



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# KEY LIME Cheesecake Bites

**L** Prep Time: 5 minutes   **L** Cook Time: 25 minutes   **F** Yield: 6 Servings

## Ingredients:

- ½ cup raw almonds
- 2 T melted coconut oil
- ½ cup raw cashews, soaked in water overnight & drained
- ⅓ cup full-fat coconut milk (well shaken)
- 3-4 T raw honey
- 4 limes, juiced & zested

## Tip:

To make this smoothie even more powerful, add these ingredients:

- Store in an airtight container in the refrigerator.
- Turmeric can stain light-colored surfaces, so make sure to wash your hands periodically and to cover any surfaces you don't want stained with parchment paper.
- Remove the truffles from the fridge for 15 minutes before you eat them to let them soften.

## Instructions:

1. Line a muffin tin with 6 cupcake liners and set aside.
2. Place the almonds and melted coconut in a blender or food processor and blend until the mixture is crumbly and sticks together when pinched between your fingers.
3. Place one heaping tablespoon in each lined muffin cavity, and press the mixture down using the back of a spoon to make a mini "crust".
4. Place the muffin tin in the freezer for 15-20 minutes, while you prepare the filling.
5. In the food processor add the drained cashews, coconut milk, honey, and lime juice. Puree until smooth and transfer to a measuring cup.
6. Remove the muffin tin from the freezer when the crusts have hardened a bit and pour the filling mixture over the crusts. Top with lime zest and place back into the freezer for at least 4-6 hours to harden.
7. Store in the freezer until ready to serve. Enjoy!



Recipe author  
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# COCONUT Cowgirl Coffee

**L** Prep Time: 10 minutes **L** Cook Time: 0 minutes **L** Yield: 2 serving

## Ingredients:

- 1 t coconut oil
- 2 cups organic coffee
- 1 t vanilla extract
- 2 T cocoa powder
- 1 cups coconut milk

## Instructions:

- 1.** Fill an ice cube tray with coconut milk. Freeze overnight.
- 2.** In the morning, take 2 cups of chilled organic coffee and stir with coconut oil, vanilla extract, and cocoa powder. You can also add the ingredients to a blender and blend until well-combined and frothy.
- 3.** Add coconut ice cubes and enjoy!



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# AVOCADO TURMERIC Fudge Brownies

**L** Prep Time: 5 hours

**L** Cook Time: 10 minutes

**🍴** Yield: 6 Servings

## Ingredients:

- 1 cup dates, pitted, soaked, and drained
- 1 cup raw cashews, pitted, soaked and drained
- 1 ripe avocado
- 1 ½ T melted coconut oil
- ½ cup cacao powder
- 3 T chocolate protein powder
- ¼ t vanilla extract
- 1 T maple syrup
- ½ t turmeric, for dusting

## Pro Tips:

- Soak dates and cashews for a minimum of 1 hour before draining to make them soft enough to blend smoothly.
- For an extra crunch, add ¼ cup sliced almonds after blending protein powder and cacao powder. Pulse several times to break up and disperse almonds throughout the batter. Remove the truffles from the fridge for 15 minutes before you eat them to let them soften.



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## Instructions:

- 1.** In a blender, add avocado and soaked dates. Blend on high until dates are broken down.
- 2.** Add cashews, coconut oil, vanilla extract and maple syrup. Blend to combine.
- 3.** Add protein powder and cacao powder. Blend until the mixture becomes a dough.
- 4.** Layer parchment paper crisscross in an 8x8-inch baking pan, allowing for the parchment paper to hang over the baking dish for easy removal.
- 5.** Transfer the batter into the baking pan. Use a spatula to spread the batter evenly in the pan and into the corners.
- 6.** Place the baking dish in the refrigerator for 5 hours to set.
- 7.** Remove from the refrigerator and lift the sides of the parchment paper to remove from the baking pan.
- 8.** Dust with turmeric and slice into 12 bars.
- 9.** Store bars in the freezer in a storage container up to one week.



# NO-BAKE THUMBPRINT COOKIES WITH *Silky Cashew Butter*

**L** Prep Time: 30 minutes

**L** Cook Time: 1 hour

**🍴** Yield: 12 Cookies

## Ingredients:

- ¾ cup cashew butter
- 2 ½ T melted coconut oil
- 2 ½ T maple syrup
- ½ t vanilla extract
- 2/3 cup almond flour
- 1 T coconut flour
- 4 T jelly of choice
- 1 T chia seeds, for sprinkling

## Tip:

- For a nut-free version, swap sunflower butter for the cashew butter instead.

## Instructions:

- 1.** In a large bowl, add cashew butter, melted coconut oil, maple syrup and vanilla extract. Mix until creamy.
- 2.** Fold the almond flour and coconut flour into the batter. Stir until fully combined. The dough should be soft and sticky. If not, refrigerate it for 20 minutes to harden prior to forming the cookies.
- 3.** Roll 2 tablespoons of the dough into balls between your hands and place on a slip mat or parchment paper. Repeat the process until you use up all the dough (you'll have about 12 balls total).
- 4.** Using a ½ teaspoon measuring spoon, create a well in the center of each cookie. This will also flatten the dough into a cookie shape.
- 5.** Fill each cookie well with ½ teaspoon of the jelly. Then sprinkle the top of each cookie with chia seeds.
- 6.** Refrigerate the cookies 1-2 hours until firm and serve. Keep cookies in the refrigerator to maintain freshness.



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# BUTTERY AVOCADO *Lime Cheesecake*

**L** Prep Time: 20 minutes   **L** Cook Time: 6,5 hours   **🍴** Yield: 8 Servings

## Ingredients:

For the base

- ½ cup Medjool dates (pitted and soaked)
- 2 cups raw almonds (250g)
- 2 T cacao powder

For the filling

- 1½ avocados (pitted and peeled)
- 2 cups raw cashews (soaked overnight in water)
- ¼ cup cold pressed coconut oil
- Juice of 1 lime
- 3 T maple syrup
- ½ cup full-fat coconut cream

## Instructions:

- 1.** For the base: Add all base ingredients to a blender and blend until a sticky "cookie dough" forms.
- 2.** Press the dough into a round 8-inch baking dish lined with parchment paper. Set aside.
- 3.** For the filling: Add all filling ingredients to a blender and blend until smooth and creamy.
- 4.** Pour the mixture on top of the base.
- 5.** Place in freezer overnight for at least 6 hours.
- 6.** Thaw for 30 minutes before serving.



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# PUMPKIN BARS WITH COCONUT Buttercream Frosting

**L** Prep Time: 20 minutes **L** Cook Time: 40 minutes **U** Yield: 12 Bars

## Ingredients:

### For the Crust:

- 2 cups almond meal
- 1 cup tapioca starch
- ½ cup coconut oil, melted
- 2 T maple syrup
- ½ t cinnamon
- ¼ t sea salt

### For the Filling:

- 3 eggs
- 2 cups pumpkin purée
- ¼ cup raw honey at room temperature
- 2 T tapioca starch
- ½ cup grass-fed butter at room temperature
- 1 t vanilla extract
- 1 t cinnamon
- ½ t nutmeg

### For the Coconut Buttercream Frosting:

- ½ cup grass-fed butter
- 3 T raw honey
- 2 T coconut cream
- 1 T tapioca starch

## Instructions:

1. Preheat oven to 350°F degrees and line a 9x13-inch baking sheet with parchment paper. Combine ingredients for crust in a mixing bowl. Stir to moisten. Pour into lined pan and press evenly to edges of pan. Set aside.
2. In a separate mixing bowl, combine ingredients for filling. Beat using a hand mixer on medium speed until smooth.
3. Pour filling over crust and smooth evenly with a spatula. Bake on center rack for 35-40 minutes.
4. For the coconut frosting, combine coconut cream, raw honey, tapioca starch and butter in a mixing bowl. Use hand mixer to beat on high speed until thick and smooth. Pour into a pastry piping bag and refrigerate to set frosting.
5. Once bars are cooled, slice and pipe frosting onto bars. Refrigerate in an airtight container.



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# EASY, PALEO 'PEANUT' Butter Cups

**L** Prep Time: 50 minutes **L** Cook Time: 24 minutes **🍴** Yield: 12 cups

## Ingredients:

- 2 cups dark chocolate chips
- ½ cup creamy almond butter
- 2 T coconut oil
- 2 T pure maple syrup

## Tip:

- Use a natural almond butter that has the oil on top; this makes it much easier to spread when it comes time to layering over the chocolate.
- Be sure to use dark chocolate that is at least 70% cacao (the higher the better) to reap all of the antioxidant benefits.

## Instructions:

1. Line 12 mini muffin tins with paper liners.
2. Melt one cup of dark chocolate in a small saucepan over low heat until smooth. Stir in 1 tablespoon of coconut oil until melted.
3. Spoon 1 tablespoon of melted chocolate into each paper liner. Gently tap muffin tray on countertop to evenly distribute chocolate. Place in freezer 15 minutes.
4. In a small bowl, combine maple syrup with almond butter. Stir until smooth.
5. Remove chocolate from freezer and spoon a teaspoonful of almond butter on top of chocolate. Use fingers to smooth out almond butter and cover chocolate. Place in freezer 15 minutes.
6. Melt the other cup of chocolate chips and stir in 1 tablespoon of coconut oil until smooth. Use a tablespoon to layer chocolate over the almond butter. Sprinkle with sea salt and return to freezer for 20 minutes.
7. Store in refrigerator or freezer.



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# GIMMIE-THE-GOOD-STUFF CHOCOLATE WITH *Coconut Oil*

**L** Prep Time: 15 minutes

**L** Cook Time: 2 hours

**🍴** Yield: 5 servings

## Ingredients:

- 1 cup coconut oil
- ½ cup unsweetened cocoa powder
- ¼ cup maple syrup
- 2 t vanilla extract
- ¼ cup chopped raisins
- ¼ cup chopped almonds
- ¼ cup chopped cashews

## Tools:

- Small saucepan
- Silicon chocolate mold

## Instructions:

1. Melt the coconut oil in a small saucepan.
2. Mix in the cocoa powder, maple syrup, and vanilla until you get a homogeneous mixture.
3. Pour the chocolate mixture into the cavities of a silicon chocolate mold.
4. Drop chopped raisins and nuts into each cavity.
5. Chill the chocolate mixture in the refrigerator for at least 2 hours (until firm), and serve!



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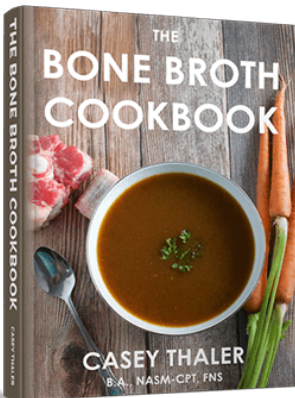
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