



The Big Book of Healthy Cooking Oils: Recipes Using Coconut Oil and Other Unprocessed and Unrefined Oils - Including Avocado, Flaxseed, Walnut & Others--Paleo-friendly and Gluten-free

Lisa Howard

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Wondering the Best Uses For Coconut, Flaxseed or Walnut Oil?

With the rise of delicious and beneficial unprocessed oils such as coconut oil, avocado oil, flaxseed oil and more, unhealthy refined oils are a thing of the past. Still, with so many fresh oils on grocery store shelves, you might be wondering how to choose and use them. That's where *The Big Book of Healthy Cooking Oils* comes in.

This gluten-free and Paleo-friendly collection of over 85 recipes showcases the different attributes of each oil's distinct flavor, ideal cooking temperature and beneficial nutrients. You'll be able to create delicious and healthy meals, snacks and desserts, such as Brazil Nut Pesto Chicken with Toasted Wild Rice and Coconut (featuring coconut oil), Roasted Peppers, Olives, Lamb and Mixed Greens (featuring almond oil), and Roasted Pork Tenderloin with Scandinavian Beet, Carrot and Apple Slaw (featuring flaxseed oil).

If you want to know how to incorporate healthy unprocessed oils into your daily meals, *The Big Book of Healthy Cooking Oils* has all of the answers and recipes you need.

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