

Download My Coconut Affair Healthy Cooking The Yummy Way

My Coconut Affair: Healthy Cooking The Yummy Way - Kindle edition by Dr. Shreyashi Ganguly. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading My Coconut Affair: Healthy Cooking The Yummy Way. My Coconut Affair: Healthy Cooking The Yummy Way? In My Coconut Affair, I break down my food philosophy in to approachable, action items, clear the air about common healthy eating errors and show you the yummy ways in which, I use coconut as an ingredient to create fabulous, drool-worthy meals. Pre-heat oven to 350 degrees and grease mini muffin pan. Set aside. In a medium bowl mix together, coconut, egg whites, vanilla and sweetener until combined. Place 1 tablespoon in the pan and press down forming a shell. Bake for 10-12 minutes or until shells are set and lightly browned. Cool and remove from pan. 12 Fresh Coconut Recipes That Put the Sweet Meat to Delicious Use After you've gone to the trouble of cracking a coconut, what do you do with the meat? Use it in our favorite recipes, from desserts to savory dishes.