

# THE COCONUT COOKBOOK:

35 RECIPES TO  
BURN FAT & BOOST ENERGY



ALTERNATIVE  
DAILY

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# #1 TROPICAL COCONUT BARS

These bars are a delicious, anytime treat that the whole family will love.

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## INGREDIENTS

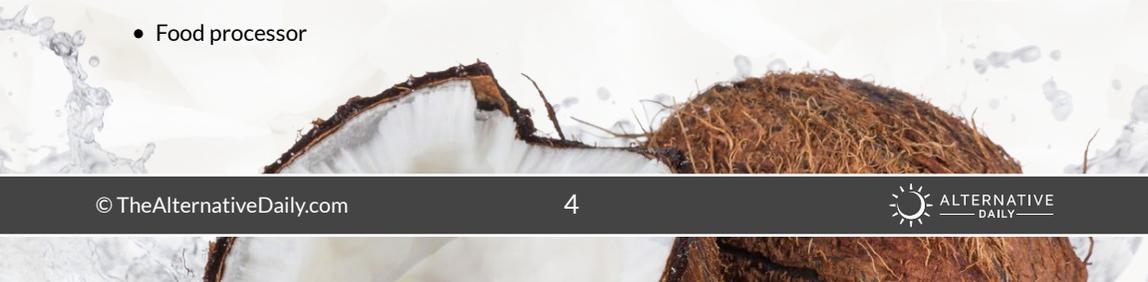
- 1 cup unsweetened shredded coconut
- 1/4 cup pure maple syrup
- 2 tbsp coconut oil
- 1/2 tsp pure vanilla extract
- Pinch of salt
- 1/4 cup dark chocolate chips

## INSTRUCTIONS

1. Put all ingredients into a food processor and blend.
2. Press into a 4x4 container and freeze for 15 minutes. You can also put them in the fridge for an hour before cutting.

## EQUIPMENT

- Food processor





## #2 BLUEBERRY COCONUT SMOOTHIE

This is a filling and delicious smoothie that works well for breakfast or a pre-workout snack.

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### INGREDIENTS

- 1/2 cup organic goat's milk yogurt
- 1 cup organic coconut milk
- 1 1/2 tsp pure vanilla extract
- 2 cup frozen blueberries
- 2 tbsp melted coconut oil

### INSTRUCTIONS

1. Place all ingredients in your food processor and blend well.
2. Serve with shredded coconut flakes for a pretty garnish.

### EQUIPMENT

- Food processor



## #3 SIMPLE & DELICIOUS PEANUT BUTTER CUPS

These vegan dark chocolate and peanut butter cups are perfect when you want a little something sweet but don't want to overdo it.

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### INGREDIENTS

#### **Coconut oil dark chocolate:**

- 1/2 cup melted coconut oil
- 1/2 cup cocoa powder
- 1/3 cup maple syrup
- 3 tsp vanilla extract

#### **Peanut butter cups:**

- 2/3 cup natural peanut butter

## EQUIPMENT

- Mini cupcake pan

## INSTRUCTIONS

### ***Dark chocolate:***

1. Combine the coconut oil, cocoa, maple syrup and vanilla into a warm bowl.
2. Whisk them together until well mixed.

### ***Peanut butter cups:***

1. Spoon a layer of chocolate into a lined mini cupcake pan.
2. Place the pan in the freezer for 10 minutes or until hard.
3. Spoon 1 teaspoon of peanut butter on top of the frozen layer.
4. Place the pan back in the freezer for 20 minutes or until the peanut butter is hard.
5. Repeat the first step.
6. Place the pan back in the freezer for 10 minutes or until the chocolate hardens.





## #4 COCONUT PUMPKIN ENERGY BOOSTER

If you love pumpkin, you will really enjoy this tasty treat.

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### INGREDIENTS

- 1/4 cup pumpkin puree
- 1 frozen banana
- 1 cup coconut milk
- 1 tsp raw honey
- 1 tsp chia seeds
- 1 tbsp coconut oil, melted
- Dash of cinnamon

### EQUIPMENT

- Food processor

### INSTRUCTIONS

1. Place all ingredients in food processor and blend well.
2. Top with a dash of cinnamon.



## #5 COCONUT BREAKFAST SPREAD

This spread is perfectly paired with rice cakes or a sprouted seed bagel.

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### INGREDIENTS

- 16 oz full-fat cottage cheese
- 1 tbsp raw honey
- 2 tsp vanilla extract
- 1 cup shredded coconut

### EQUIPMENT

- Food processor

### INSTRUCTIONS

1. Preheat oven to 400°F.
2. Spread coconut evenly over a baking sheet.
3. Toast coconut on the upper rack for about 3 minutes. Keep your eyes on the coconut as it will burn quickly.
4. Let coconut cool on the baking sheet.
5. Put cottage cheese, honey and vanilla extract in food processor. Puree until smooth.
6. Add toasted coconut and pulse to combine.
7. Refrigerate until ready to use.



## #6 CHOCOLATE COCONUT OVERNIGHT OATS

This is the perfect on-the-go breakfast. Put this in a mason jar and take it to work.

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### INGREDIENTS

- 16 oz coconut milk (or organic almond milk)
- 1 cup water
- 1 cup shredded coconut
- 2 tbsp chia seeds
- 4 tbsp raw cacao powder
- 4 tbsp raw honey
- 1 tbsp coconut oil
- 1 cup gluten-free rolled oats

### EQUIPMENT

- Food processor

### INSTRUCTIONS

1. Put all ingredients apart from the oats in food processor and mix well.
2. Pour over the oats and let it set in the refrigerator overnight.



## #7 COCONUT STIR-FRY WITH VEGETABLES

This dish pairs well with brown or wild rice. Experiment by adding some of your favorite vegetables.

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### INGREDIENTS

- 2 tbsp coconut oil
- 1/2 red pepper, cut into small chunks
- 1 yellow pepper, cut into small chunks
- 1 red onion, thinly sliced
- 1 large sweet potato, cut into small chunks
- 1 cup broccoli florets
- 1 clove garlic, minced
- 2 cups bok choy, sliced
- 1/2 cup snap peas
- 1 cup mung bean sprouts
- 2 tbsp sesame oil
- Sea salt

### INSTRUCTIONS

1. Cut up all veggies so you are ready to stir-fry.
2. In a large skillet or a wok, heat coconut oil over medium heat.
3. Add sweet potato and cook until slightly soft.
4. Add other ingredients and stir constantly until crisp.
5. Add sea salt to taste and serve over brown rice.



## #8 CHEESY COCONUT RICE

Enjoy this dish with some fresh salsa for breakfast, lunch or a dinner side.

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### INGREDIENTS

- 2 organic eggs
- 4 tbsp coconut oil
- 2 cups cooked brown rice
- 4 oz extra sharp cheddar cheese, shredded
- Sea salt

### INSTRUCTIONS

1. Whisk eggs in a small bowl and set aside.
2. Melt coconut oil in medium sauté pan. When it is hot, add the rice and stir-fry.
3. Move the rice to one side of the pan and pour the beaten egg into the middle.
4. Scramble the eggs until they are almost done and mix in the rice.
5. Add the cheese and stir until melted.
6. Add salt to taste.



## #9 COCONUT MASHED POTATOES

The rich and creamy texture of these potatoes will make you come back for seconds.

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### INGREDIENTS

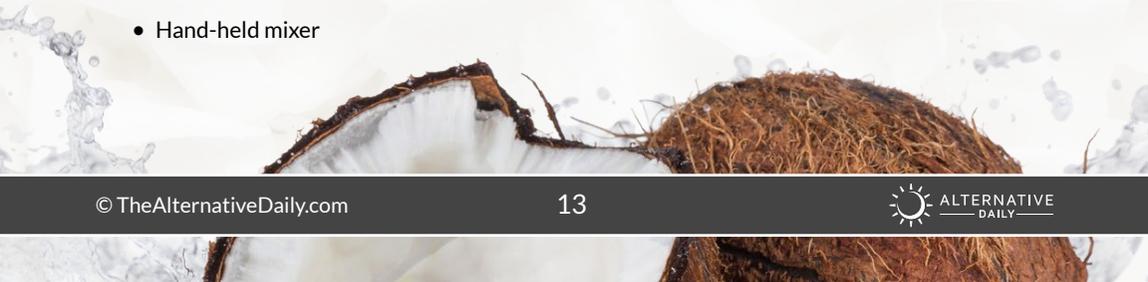
- 2 lbs organic red potatoes
- 1/4 cup coconut oil
- 2 tbsp pasteurized butter
- 1/2 cup sour cream
- 1 cup coconut milk at room temperature
- Salt and pepper to taste

### INSTRUCTIONS

1. Wash potatoes and steam until soft (leave the skin on).
2. Add oil, sour cream and butter and blend with a mixer until smooth.
3. Add coconut milk slowly, then season with salt and pepper.

### EQUIPMENT

- Hand-held mixer





## #10 ROASTED BROCCOLI AND CAULIFLOWER BAKE

This dish is great all on its own or as a side.

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### INGREDIENTS

- 2 organic broccoli crowns
- 1 head organic purple cauliflower
- 3 tbsp coconut oil
- 5 cloves crushed garlic
- 2 tbsp fresh lemon juice

### EQUIPMENT

- 9x13-inch pan

### INSTRUCTIONS

1. Wash broccoli and cauliflower, chop into small chunks and place in a 9x13-inch pan.
2. Drizzle coconut oil, lemon and garlic on top and stir.
3. Bake for 25 minutes at 350°F or until tender.



## #11 COCONUT DELIGHT SMOOTHIE

This smoothie delivers a potent nutritional punch — and it is tasty too!

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### INGREDIENTS

- 1 cup coconut water
- 4 cups seedless watermelon, cubed
- 2 cups frozen pineapple
- 2 cups frozen mango

### EQUIPMENT

- Blender

### INSTRUCTIONS

1. Place all ingredients in blender and mix well.
2. Enjoy immediately or save in fridge for up to 3 days.



## #12 COCONUT ICED COFFEE

This is a delicious departure from what you will find at your local coffee haunt. Enjoy this refreshing beverage anytime.

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### INGREDIENTS

- 1 shot espresso
- 1/2 cup boiling water
- 1 tbsp full-fat coconut milk
- 2 tbsp raw honey
- 1/2 cup coconut water
- Ice

### INSTRUCTIONS

1. Combine espresso and boiling water.
2. Add condensed milk and stir until dissolved.
3. Add coconut water.
4. Fill the glass with ice.
5. Enjoy immediately.



## #13 COCONUT MAGIC BROWNIES

Remember those magic bars your mom made when you were a kid? Try this totally healthy and delicious twist on your favorite classic dessert. These brownies are great served with a cool glass of coconut milk.

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### INGREDIENTS

#### **Brownie:**

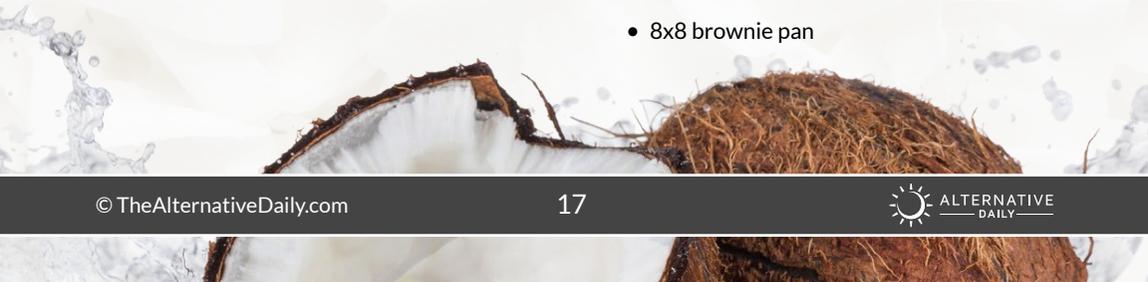
- 1/4 cup unsweetened cocoa powder
- 15 dried Medjool dates, pitted
- 2 tbsp coconut flour
- 3 eggs, whisked
- 3 tbsp raw honey
- 1 tsp vanilla extract
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- Pinch of salt

#### **Topping layer:**

- 1 1/2 cups unsweetened shredded coconut
- 2 tbsp coconut oil
- 1 tbsp raw honey
- 2 egg whites, whisked until foamy
- 2 tbsp coconut butter (blend flaked coconut in food processor for 8 to 10 minutes)

### EQUIPMENT

- Food processor
- 8x8 brownie pan



## INSTRUCTIONS

### **Brownie:**

1. Preheat oven to 365°F.
2. Pulse dates in food processor until clumpy paste begins to form.
3. Add coconut oil and cocoa powder to date paste and puree ingredients until smooth.
4. Add eggs, coconut flour, vanilla, honey, baking powder, baking soda and salt, then blend well.
5. Grease 8x8 brownie pan with coconut oil and pour in brownie mixture. Smooth with spatula.

### **Topping layer:**

1. In a small saucepan, heat shredded coconut, coconut oil, coconut butter and honey. Mix until well combined.
2. Take saucepan off of heat and stir in egg whites.
3. Pour topping evenly over brownie batter.
4. Bake for 20 to 25 minutes or until a toothpick inserted in the center comes out clean.
5. Let cool completely, cut into squares and enjoy!





## #14 TROPICAL POPSCICLES

These incredibly simple, three-ingredient popsicles will be your go-to treat for a hot summer day.

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### INGREDIENTS

- 1 cup fresh pineapple
- 2 cups plain coconut water
- 2 tbsp raw honey

### EQUIPMENT

- Ice cube tray (or popsicle mold)
- Handles (or popsicle sticks)

### INSTRUCTIONS

1. Blend ingredients in food processor until smooth.
2. Pour mixture into ice cube tray.
3. Insert handles into mold.
4. Freeze overnight.
5. To remove popsicles, run mold under hot water for a few seconds — it should pop right out. Enjoy!



## #15 CASHEW COCONUT TRAIL MIX

This mix is great to munch on when you're out on the trails for the day or just craving a crunchy, salty snack.

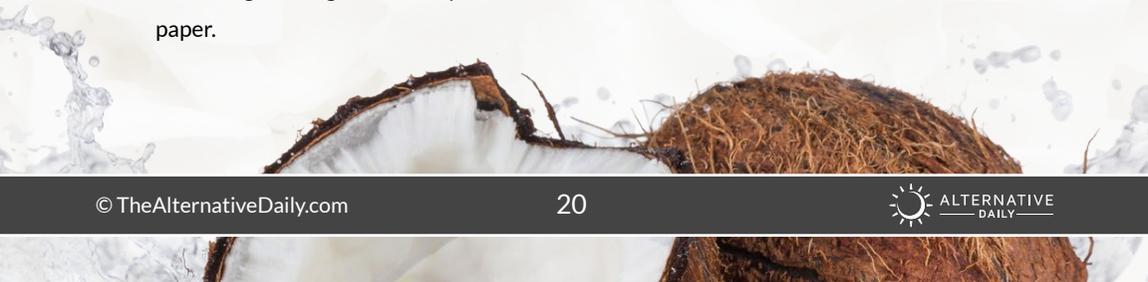
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### INGREDIENTS

- 2 cups unsweetened flaked coconut
- 2 cups raw, unsalted cashews
- 2 tbsp coconut oil, melted
- 1 tbsp pure vanilla extract
- 1/2 tsp salt
- 1/2 cup dark chocolate chips (optional)

### INSTRUCTIONS

1. Preheat oven to 325°F.
2. Line a large baking sheet with parchment paper.
3. Spread coconut flakes and cashews on baking sheet.
4. Drizzle with coconut oil, vanilla and salt.
5. Toss to evenly coat cashews and coconut.
6. Arrange into a layer and bake for 15 to 20 minutes, or until lightly toasted.
7. Toss mixture every 5 minutes.
8. Let cool completely then add chocolate chips (if desired). Store at room temperature in an airtight container.





## #16 CARROT COCONUT CURRY SOUP

This delicious soup is a great side to any fall or winter dish. Garnish with fresh herbs and chili flakes.

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### INGREDIENTS

- 2 tbsp coconut oil
- 1 onion, peeled and roughly chopped
- 6 cups carrots, roughly chopped
- 3 1/2 cups vegetable stock
- 15 oz can full-fat coconut milk
- 1 1/2 tbsp fresh ginger root, roughly chopped
- 1 tbsp curry powder
- 1/2 tsp chili flakes
- Salt and pepper to taste

### EQUIPMENT

- Blender

### INSTRUCTIONS

1. Heat coconut oil in large pot on the stove and add onion. Cook on medium heat for about 5 minutes or until slightly soft.
2. Add in the carrots and cook for another 5 minutes.
3. Add coconut milk, vegetable stock, ginger and spices.
4. Mix with a wooden spoon and put a lid on the pot.
5. Let simmer for 10 to 15 minutes or until carrots are soft.
6. Carefully pour small batches into blender, then blend on low speed until smooth.
7. Add more spices to taste.



## #17 COCONUT-INFUSED QUINOA

This coconut quinoa will bring a whole new twist on this funky seed. Add a little honey or maple syrup for a healthy, filling breakfast.

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### INGREDIENTS

- 1 tbsp coconut oil
- 1 1/2 cups quinoa, rinsed
- 1 can unsweetened full-fat coconut milk
- 1 1/2 cups water
- 1 tsp salt

### INSTRUCTIONS

1. Heat coconut oil over medium heat in medium saucepan.
2. Add quinoa to oil and cook for 5 minutes or until golden-brown.
3. Stir in remaining ingredients until well combined.
4. Bring to a boil, then cover and let simmer on low heat for 20 to 25 minutes or until quinoa is tender and the liquid is evaporated.
5. Let sit for 5 minutes, fluff with a fork and serve immediately.



## #18 COCONUT CHOCOLATE FUDGE

No longer do you have to deny that irresistible urge for fudge! Whip up this freezer fudge and you'll never look back.

---

### INGREDIENTS

- 1/4 cup coconut oil
- 1 cup dark chocolate chips
- 1/4 cup coconut cream
- 1 tbsp cocoa powder
- 1 ripe avocado
- Sea salt
- Equipment

### FOOD PROCESSOR

- 8x8 baking dish

### INSTRUCTIONS

1. In a small saucepan over medium heat, melt together chocolate chips, coconut oil, coconut cream, cocoa and salt until smooth and creamy.
2. Combine avocado and chocolate mixture in a food processor on high speed until no clumps remain.
3. Spread mixture into an 8x8 baking dish lined with parchment paper, then sprinkle with sea salt if desired.
4. Cover with plastic wrap.
5. Freeze for 2 hours or until hardened.
6. Store leftovers in fridge in airtight container.



## #19 COCONUT STRAWBERRY CARROT SMOOTHIE

Not only will this refreshing smoothie taste great on a muggy summer day, it will also help replenish your body's water supply and keep you hydrated. You can use fresh or frozen fruit!

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### INGREDIENTS

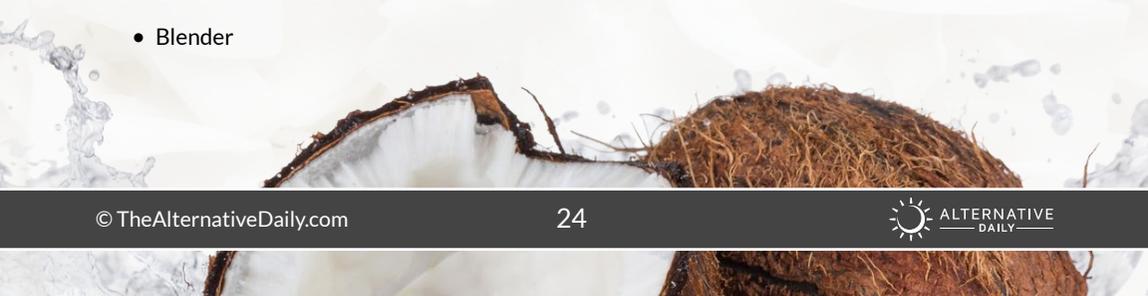
- 1 cup coconut water, chilled
- 1 cup strawberries
- 1 cup mango, cut into chunks
- 1 cup baby carrots
- 1 orange, peeled

### INSTRUCTIONS

- Mix ingredients in a blender on high speed until smooth.
- Serve with mint leaves as garnish, if desired. Enjoy!

### EQUIPMENT

- Blender





## #20 COCONUT MACAROONS

You don't have to feel bad about stuffing your face with these macaroons, though you'll have to battle the rest of your house to get to them first!

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### INGREDIENTS

- 3 cups unsweetened coconut flakes
- 1/2 cup raw honey
- 1 tbsp vanilla extract
- 6 egg whites
- 1/4 tsp sea salt

### EQUIPMENT

- Electric mixer

### INSTRUCTIONS

- Preheat oven to 350°F.
- In a large bowl, mix coconut flakes, vanilla extract and honey.
- In separate bowl with electric mixer, whisk egg whites and salt on high until stiff peaks begin to form.
- Fold egg whites into coconut mixture.
- Arrange heaping tablespoons of batter onto lined baking sheet.
- Bake for 10 to 15 minutes or until edges of cookies start to look golden brown.





## #21 EASY COCONUT CREPES

Serve these delectable crepes for breakfast, lunch, brunch, dinner or any meal in between!

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### INGREDIENTS

- 4 eggs
- 1/4 cup coconut flour
- 1/2 banana
- 1 tbsp honey
- 1/4 cup coconut milk
- 1/4 cup water
- Butter (or coconut oil)

### EQUIPMENT

- Stand mixer

### INSTRUCTIONS

1. In stand mixer, combine all ingredients until well mixed. It should be a batter-like consistency.
2. Melt butter or coconut oil in a pan on medium heat.
3. Pour 1/2 cup of batter into pan.
4. Cook for 3 minutes on each side or until golden brown.
5. Garnish with bananas and maple syrup, if desired.



## #22 COCONUT MERINGUES

You can't go wrong serving these amazing meringues at a party or lunch. They also pair wonderfully with tea or coffee.

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### INGREDIENTS

- 1/2 cup unsweetened, shredded coconut
- 3 egg whites
- 1/4 tsp cream of tartar
- 1/2 tsp vanilla extract
- 2 tsp maple syrup

### EQUIPMENT

- Stand mixer

### INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a stand mixer, combine egg whites, vanilla extract, maple syrup and cream of tartar. Mix on high speed until stiff peaks begin to form.
3. Fold in shredded coconut.
4. Drop heaping tablespoons onto baking sheet lined with parchment paper.
5. Bake for 12 to 15 minutes or until firm.



## #23 COCONUT SQUASH STIR-FRY

If you love squash and zucchini but don't know how to cook it, this dish is for you. Enjoy this hint of coconut stir-fry with rice as a main dish or a side.

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### INGREDIENTS

- 2 zucchinis, washed and sliced
- 2 summer squashes, washed and sliced
- 1 sweet onion, sliced into thin strips
- 1 tbsp garlic, minced
- 2 tbsp coconut oil
- Salt and pepper to taste
- Parmesan cheese, if desired

### INSTRUCTIONS

1. Heat coconut oil over medium heat in a large skillet.
2. Add all the ingredients (except parmesan cheese, if using).
3. Cover and cook over medium heat for 8 to 10 minutes or until tender. Stir occasionally.
4. Uncover and turn up heat for a few minutes to brown and give a little crisp.
5. Sprinkle with parmesan cheese, if desired.



## #24 COCONUT AND RANCH BRUSSELS SPROUTS

These fantastic Brussels sprouts will make your kids (and you) actually want to eat these green veggies.

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### INGREDIENTS

- 2 lbs Brussels sprouts, washed and cut in half
- 1/2 cup coconut oil, melted
- 1 tsp dried dill weed
- 1 tsp garlic, minced
- 1/2 tsp onion powder
- Black pepper, chili powder and sea salt to taste

### INSTRUCTIONS

1. Preheat oven to 400°F.
2. Spread Brussels sprouts evenly on lined baking sheet.
3. Whisk together coconut oil, garlic and spices in a small bowl.
4. Drizzle liberally over sprouts and stir until well-coated.
5. Cook for 30 to 35 minutes or until they are crispy and starting to brown. Stir every 10 minutes or so.
6. Serve immediately with sweet potatoes or wild rice.



## #25 INDULGENT COCONUT BANANA ICE CREAM

Everyone deserves a treat every once in awhile. This zero-sugar homemade ice cream is the perfect way to give yourself a little love.

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### INGREDIENTS

- 2 frozen bananas, cut into half-inch pieces
- 1 can full-fat coconut cream, chilled
- Shaved dark chocolate, if desired

### EQUIPMENT

- Blender



## INSTRUCTIONS

1. Chill mixing bowl in freezer for 5 minutes.
2. Pour extra liquid off coconut cream. Whip coconut cream with a mixer until it becomes light and fluffy.
3. Place banana pieces in blender and blend until the pieces start to break up. Do this in small sections.
4. Blend in half of the coconut cream until well mixed.
5. Add in remaining whipped cream and blend until mixture reaches the consistency of ice cream.
6. Garnish with banana slices and shaved dark chocolate, if desired. Serve immediately.



## #26 BULLETPROOF COFFEE WITH COCONUT OIL

Whip up a cup of this heart-healthy coffee to start your morning off right.

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### INGREDIENTS

- 2 tbsp coconut oil
- 2 tbsp grass-fed unsalted butter
- 2 cups freshly brewed coffee
- 1 tsp vanilla extract
- 1 tbsp heavy cream (optional)

### EQUIPMENT

- Blender

### INSTRUCTIONS

1. Add coffee, butter, coconut oil, vanilla extract and heavy cream (if using) to blender.
2. Blend together until it starts to froth.
3. Pour into your favorite mug and enjoy right away!



## #27 COCONUT PINEAPPLE CHILLER

Camping trips, swimming pools, blazing hot days. There's nothing like a fruity frozen drink to cool you down after a long day in the summer sun.

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### INGREDIENTS

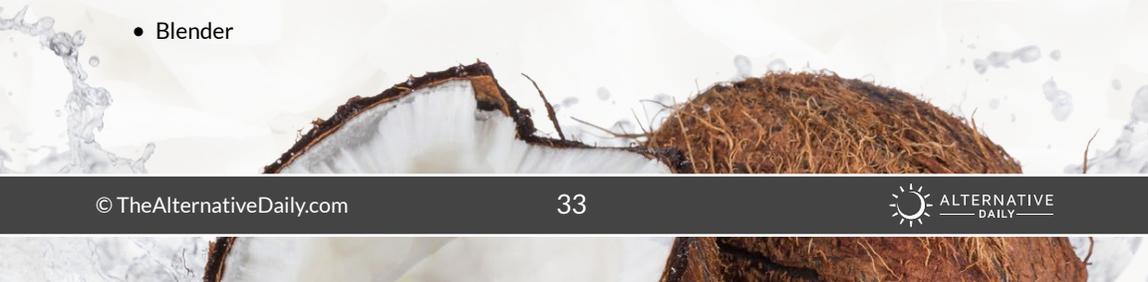
- 1 cup coconut water
- 4 cups fresh pineapple
- 1 cup ice
- 1 tbsp lime juice
- 1 tsp pure mint extract

### INSTRUCTIONS

1. Place all ingredients in high-speed blender and blend until smooth.
2. Garnish with a slice of lime and some mint leaves.
3. Enjoy!

### EQUIPMENT

- Blender





## #28 HEARTY TOMATO SOUP

This savory soup is bursting with flavor. It's the perfect meal to enjoy on a snowy winter evening. It will warm you up from the inside out!

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### INGREDIENTS

- 2 1/2 cups sweet onion, chopped
- 28 oz fire-roasted tomatoes, diced
- 5 cloves garlic
- 1/2 cup coconut oil
- 2 cups beef broth (or vegetable broth)
- 2 bay leaves
- 1 cup red wine
- 1 cup loosely packed basil leaves, torn

### INSTRUCTIONS

1. In a large stock pot, saute onions in coconut oil on medium heat for 15 minutes or until soft.
2. Add garlic to pot and cook for another 3 minutes.
3. Stir in red wine and simmer on low heat for approximately 5 minutes.
4. Add remaining ingredients.
5. Simmer on medium-low heat for 20 minutes, stirring occasionally.
6. Remove bay leaves and serve.



## #29 GLUTEN-FREE ROSEMARY CRACKERS

Crackers, the bane of every gluten-free conscious party goer. Instead of standing around awkwardly with no appetizers to fill your plate, whip up a batch of these to take with you to social gatherings.

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### INGREDIENTS

- 1 egg
- 2 tbsp coconut oil
- 1/2 tsp sea salt
- 1 tbsp rosemary, finely chopped
- 1/2 tsp black pepper
- 1 1/2 cups almond flour

### EQUIPMENT

- Rolling pin
- Pizza cutter

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix together almond flour and sea salt.  
Set aside.
3. In a separate bowl, combine pepper, rosemary, egg and coconut oil.
4. Combine wet ingredients with dry, then stir until thoroughly mixed.
5. Using rolling pin, roll dough out between parchment paper until 1/4-inch thick.
6. Slice dough into 36 small crackers using pizza cutter.
7. Spread crackers evenly on baking sheet lined with parchment paper. Make sure they aren't touching.
8. Bake for 10 to 15 minutes until golden brown and starting to become crispy.





## #30 COCONUT CITRUS CANDY

Rather than indulge your sweet tooth on candy filled with high-fructose corn syrup, munch down on a few of these coconut freezer candies.

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### INGREDIENTS

- 1/2 cup coconut oil
- 1 cup coconut butter
- 1/2 cup shredded coconut
- 2 limes, zested and juiced
- 1 lemon, zested and juiced
- 1 tsp vanilla extract
- 1/4 tsp lime extract
- 1/4 tsp honey
- Pinch of salt

### EQUIPMENT

- Mini muffin tin

## INSTRUCTIONS

1. Melt coconut oil and coconut butter over low heat in small saucepan.
2. Add in honey.
3. Stir in citrus zest and shredded coconut, keeping it on low heat.
4. Add extracts and mix well.
5. Remove from heat. Add lemon and lime juice to the mixture, then stir with a wire whisk until well combined.
6. Spoon mixture into mini muffin tin and smooth out.
7. Cover and place mold in freezer for one hour, or until firm.
8. Store candies in fridge or freezer in airtight container.





## #31 COCONUT BANANA BREAD

Never know what to do with your extra bananas ripening on the counter? This delicious coconut twist on traditional banana bread is your answer.

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### INGREDIENTS

- 1 1/4 tsp baking soda
- 1 tsp baking powder
- 1 3/4 cups gluten-free flour
- 1/2 cup coconut sugar
- 3 overripe bananas, mashed
- 1 tsp vanilla extract
- 3 egg whites
- 1/2 tbsp coconut oil
- 1/4 cup plain Greek yogurt
- 1/4 cup freshly squeezed orange juice
- 2 tbsp coconut milk
- 1/2 cup unsweetened flaked coconut
- 1/2 cup walnuts

### EQUIPMENT

- 4x8 inch loaf pan

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Grease 4x8-inch loaf pan with coconut oil, set aside.
3. Combine baking soda, baking powder and flour together in large bowl.
4. In separate bowl, stir together vanilla, sugar, walnuts and bananas.
5. Mix in egg whites, vanilla, Greek yogurt, milk and orange juice until smooth.
6. Add wet ingredients to dry and stir well to combine.
7. Pour into greased pan and sprinkle with coconut oil.
8. Bake for 50 to 60 minutes or until bread is golden brown and a toothpick inserted into center comes out clean.





## #32 CHEWY COCONUT APRICOT SNACKS

These yummy apricot snacks are a fantastic alternative to typical granola bars. The fruit gives the perfect sweetness and the chia seeds provide a protein punch that keeps you full all day.

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### INGREDIENTS

- 1/4 cup shredded coconut
- 1 tsp coconut oil, melted
- 1/4 cup walnuts
- 2 tbsp chia seeds
- 3 prunes
- 1/2 cup dried apricots

### EQUIPMENT

- Blender

### INSTRUCTIONS

1. Pulse all ingredients together in high-speed blender until apricots and prunes break into small pieces.
2. Roll mixture into small balls (about an inch across) and lay out on baking sheet covered in parchment paper.
3. Cover with plastic wrap and let sit in freezer for about 5 minutes before eating.



## #33 WHOLESOME PALEO BREAD

This bread tastes perfect after a few minutes in a toaster and slathered with some almond butter or peanut butter. A great breakfast choice for people in a hurry.

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### INGREDIENTS

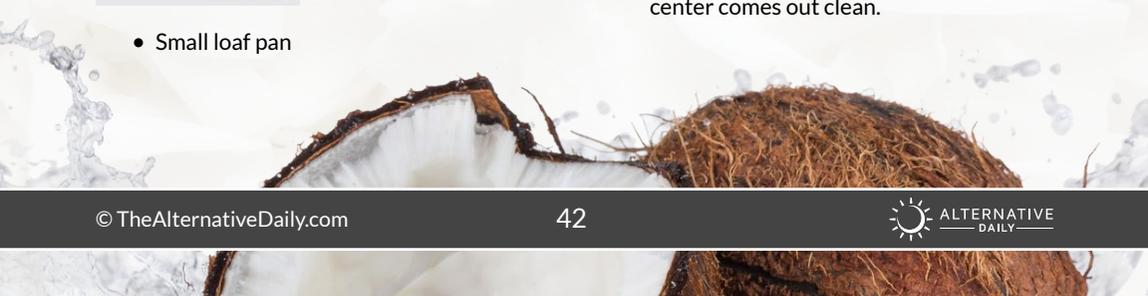
- 5 eggs
- 4 tbsp coconut oil, melted
- 1 tbsp apple cider vinegar
- 1/2 cup coconut flour
- 1 1/4 cup almond flour
- 1/4 cup chia seeds
- 1/4 tsp sea salt
- 1/2 tsp baking soda

### EQUIPMENT

- Small loaf pan

### INGREDIENTS

1. Preheat oven to 350°F.
2. Grease small loaf pan and set aside.
3. Blend wet ingredients together in small mixing bowl, set aside.
4. Combine all dry ingredients in a separate bowl.
5. Mix wet and dry ingredients together until well combined.
6. Pour into pan and bake for 40 to 50 minutes until toothpick inserted into center comes out clean.





## #34 IMMUNE-BOOSTING CHIA FRESCA

This drink is a great choice to replenish electrolytes after a grueling workout. The refreshing tropical flavors will immediately leave you feeling refreshed and rejuvenated.

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### INGREDIENTS

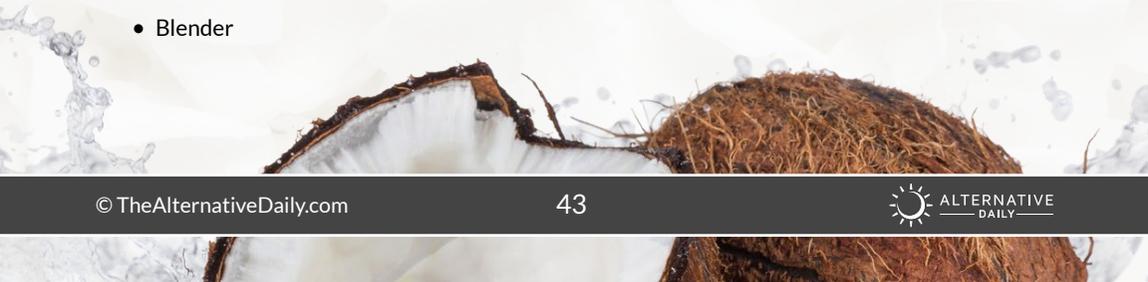
- 1 tbsp chia seeds
- 2 tbsp pineapple juice
- 2 tbsp lemon juice
- 1 cup coconut water

### INSTRUCTIONS

1. Pulse all ingredients in blender until well combined.
2. Let sit for 15 minutes until chia seeds expand. Enjoy!

### EQUIPMENT

- Blender



# #35 COCONUT PIZZA CRUST

Topped with cheese, sauce and a few healthy vegetables, this gluten-free pizza crust makes for the perfect flour substitute.

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## INGREDIENTS

- 3 eggs
- 1/4 cup coconut oil
- 1 tsp honey
- 1/4 cup plus 2 tbsp coconut flour
- 1 tsp baking powder
- 1/4 tsp sea salt

## EQUIPMENT

- Rolling pin
- Pizza cutter

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Line pizza pan with parchment paper.
3. Combine wet ingredients in mixing bowl.
4. In separate bowl, combine dry ingredients.
5. Mix wet and dry ingredients together until well combined.
6. Roll dough out onto pizza pan.
7. Bake for 20 minutes.
8. Top crust with sauce, cheese and your other favorite ingredients.
9. Return to oven and bake for an additional 2 to 3 minutes or until cheese is melted, then cut into slices.