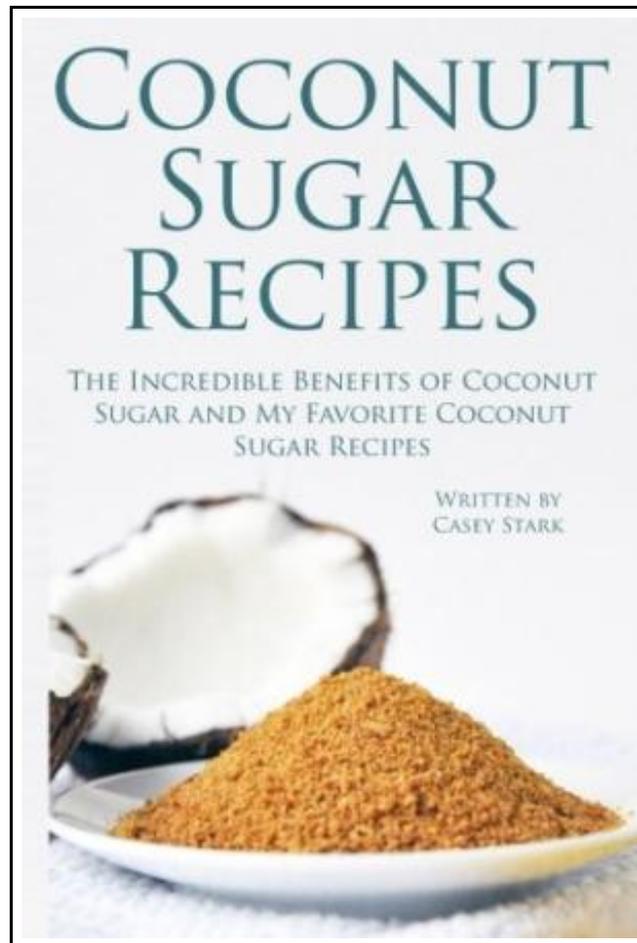


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Coconut Sugar RecipesThe Incredible Benefits of Coconut Sugar and My Favorite Coconut Sugar Recipes Coconut Sugar isn t a new fad superfood that is only just catching on, it s been used all over the world for years. We just don t use it much in western countries, which is highly surprising considering its many benefits and vast superiority over standard sugar. Coconut sugar is also sometimes called coconut palm sugar, coco sugar or coco sap sugar. It s taken from the coconut palm tree and not from coconuts itself, so even if you don t like the taste of coconut, you have nothing to worry about! In this eye opening book, Casey Stark not only gives us her favourite recipes for using coconut sugar, with lots of ideas for sweet and delicious foods to make using this amazing natural sweetener, but she also tells us exactly why we should use it and goes into the many benefits of coconut sugar. For example, it s great for weight loss and also for diabetics as it doesn t cause as much of a blood-sugar spike as standard sugar. Casey explains exactly how this works in the book, along with information about the glycemic index. Coconut sugar also has many more nutritional benefits as it contains things like potassium which is great for blood pressure and your heart, phosphorus which is good for bone development. It also contains amino acids which have a vast range of health benefits. This book explains it all.



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