

10 Ways to Add Coconut Oil To Your Diet





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While once shunned because of its saturated fat content (more on that below), coconut oil is now lauded as a “miracle” food; some may even go so far as to call it a “cure” for [insert health concern here]. While it may not be the “magic bullet” that some would lead you to believe, there may be something to the “coconut craze.”¹ Combined with an overall healthy diet, there are a number of health benefits that may be conferred by regularly consuming virgin coconut oil.

Medium Chain Triglycerides (MCTs)

Coconut oil is principally made up of saturated fat (about 92%), with as much as 70% of that being a special type of fat called medium chain fatty acids (MCFAs), or medium chain triglycerides (MCTs), making coconut oil unique among dietary fats. You see, unlike long chain fatty acids (LCFA), which are the more common fats found in foods, MCTs are easily burned for energy and are far less likely to be stored as fat.²

Furthermore, in the scientific community, MCTs are viewed as “functional” fats that provide a host of health benefits, as they have been shown to lower body weight, improve markers of metabolic health, reduce belly fat (i.e., visceral fat), and improve insulin sensitivity.³ In other words, all fats are not created equally, and coconut oil is a very rich source of this unique, health-promoting saturated fat.

Metabolism

Research suggests that the MCTs found in coconut oil have a significant metabolism-boosting effect. In one study, researchers found that consuming MCTs increased

metabolism more than eating LCFAs from other foods. As a matter of fact, the participants who consumed MCTs lost significantly more weight and burned more fat than the group consuming LCFAs.⁴

Researchers have also found that consuming just 1 – 2 tablespoons daily of MCTs can elevate the metabolism by as much as 5%, which may mean burning an additional 150 calories or more per day.⁵ In addition to short-term feeding studies showing an acute rise in calorie burning with MCTs, research has shown that this elevation in metabolism continues even over prolonged periods of time.⁶ What's particularly interesting is that this increase in energy expenditure appears to be met by a subsequent increase in fat burning.

Appetite

The MCTs in coconut oil may also suppress appetite, which may be related to their conversion in the liver to ketone bodies. In one crossover trial, researchers assessed whether increasing the amount of MCTs in the diet had an effect on food intake in free living conditions. They found that when men ate the most MCTs, they consumed, on average, over 250 fewer calories per day.⁷

In a crossover trial published in *The American Journal of Clinical Nutrition*, researchers from France found that when they added MCTs to a standardized breakfast, men ate significantly fewer calories at lunch compared to when they ate the same breakfast with LCFAs.⁸ Numerous other studies have shown that the addition of MCTs promotes satiety, resulting in an involuntary reduction in food intake.^{9,10}

Weight Management

With potential beneficial impacts on both aspects of the energy balance equation (i.e., more calories burned, fewer calories consumed), it may be little surprise that there's evidence that coconut oil may promote weight loss.

In a randomized, double-blind, placebo-controlled clinical trial published in the journal *Lipids*, a group of Brazilian researchers found that women who consumed two tablespoons of coconut oil per day for 12 weeks while following a reduced-calorie diet

and including daily exercise lost significantly more belly fat compared to the placebo group (i.e., diet and exercise alone).¹¹ In another study, researchers from Malaysia found that men who added 2 tablespoons of coconut oil to their normal diets for 4 weeks significantly reduced belly fat.¹²

Furthermore, numerous randomized controlled trials have shown that supplementing the diet with MCTs (like those found in coconut oil) leads to greater weight loss and reductions in belly fat than other fats (e.g., LCFAs, including olive oil, soybean oil, rapeseed oil, and corn oil), effects likely due to MCTs' ability to increase metabolic rate (i.e., calorie expenditure) and fat burning.^{9,10,13–15}

Brain Health & Focus

As mentioned, MCTs are easily absorbed and metabolized by the liver, where they are readily converted to ketone bodies, which serve as an important energy source for the brain. In fact, ketones may be beneficial to folks who experience cognitive decline and memory impairment.¹⁶ In one study, researchers found that supplementation with MCTs led to immediate improvement in cognitive function and memory in folks with mild cognitive impairment.¹⁷

Antimicrobial Properties

A number of the MCTs in coconut oil (e.g., lauric acid, capric acid, caprylic acid) have powerful antimicrobial (e.g., antibacterial, antifungal, antiviral) properties.^{18,19} In other words, these MCTs can help kill off pathogenic bacteria, fungi (e.g., yeasts), and viruses.

Immune System Function

Along with these powerful antimicrobial properties, coconut oil bolsters the immune system by improving and protecting the ecosystem of microorganisms in the body, which play a fundamental role in the body's internal defense network.

Virgin coconut oil is also a rich source of antioxidants, and research published in the journal *Food and Function* showed that coconut oil dramatically improved antioxidant

status in rodents. What's more, coconut oil also significantly increased levels of the "master antioxidant" glutathione throughout the body including the liver, which is the body's primary organ for detoxification.²⁰

Phytonutrients, Polyphenols, & Phytosterols

Coconut oil has a high percentage of phenolic acids, and these are phytonutrients, which are also referred to as polyphenols. Coconut oil contains p-Coumaric acid, ferulic acid, caffeic acid, and catechin, and these phenolic acids are recognized for the antioxidant properties, including their ability to scavenge free radicals and protect against oxidative stress.²¹

Coconut oil is a source of the antioxidant vitamin E, and it also contains several phytosterols, including Brassicasterol, Campesterol, and Stigmasterol. It's important to note that virgin coconut oil has substantially better antioxidant capacity than refined, bleached, and deodorized coconut oil.²¹ What's more, virgin coconut oil is significantly higher than refined coconut oil in polyphenols.

Anti-Aging

With its naturally-occurring antioxidants, coconut oil helps combat oxidative stress, which plays a central role in biological aging and is one of the most important factors mediating the deleterious effects of aging.^{22,23} In one study published in *The Journal of Nutrition*, researchers from Norway found that women consuming a diet rich in coconut oil experienced significant reductions in levels of a compound called tissue plasminogen activator antigen, which has been identified as a marker of senescence (i.e., biological aging) and appears to play a role in the development of age-related health issues.^{24,25}

Stress & Wellbeing

Animal studies have shown that the unique mixture of MCTs and polyphenols from coconut oil provides anti-stress properties in mice with stress-induced injuries.²⁶ What's more, one study showed that women who consumed coconut oil reported better quality of life and had better scores on measures of fatigue, sleep difficulties, sexual function, and appetite.²⁷

Heart Healthy

As previously mentioned, coconut oil is made up of over 90% saturated fat, with most of that coming in the form of MCTs. Saturated fats have traditionally been considered to be unhealthy and several authorities have recommended limiting their intake in the diet as some observational studies have established a link between higher intakes of saturated fat and heart disease.²⁸ However, saturated fats are quite diverse in nature and in their health effects as well. For example, MCTs are metabolized differently than LCFAs, and they exert a number of health benefits, including favorable improvements in metabolic health and markers of cardiovascular health.

So, while common misconception may lead you to believe that saturated fat—and thus, coconut oil—is the antithesis of heart health, fortunately, it is now well-established that the notion that saturated fats are to blame for cardiovascular disease is ill-conceived and unfounded. As reported by Dr. Glen Lawrence in the journal *Advances in Nutrition*, saturated fat intake is not associated with an increased risk for heart disease.²⁹

In a study published in the journal *Lipids*, Brazilian researchers found that women supplementing with coconut oil group experienced an increase in HDL cholesterol and a decrease in their LDL:HDL cholesterol ratio. The researchers concluded, “Supplementation with coconut oil does not cause dyslipidemia and seems to promote a reduction in abdominal obesity.”¹¹

In a separate study, Brazilian researchers found that participants who added one tablespoon of extra virgin coconut oil to a reduced-calorie diet lost significantly more body weight and belly fat and increased HDL (i.e., “good”) cholesterol to a greater extent than a group of participants who followed the same diet without coconut oil.³⁰

In a randomized controlled trial published in the *Journal of the American College of Nutrition*, researchers found that men and women who combined a weight loss program with MCTs for 16 weeks reduced LDL cholesterol and increased HDL cholesterol to the same extent as participants who combined the weight loss program with olive oil, which is well known as “heart healthy.”³¹ Not only that, while everyone in the study lost weight, the participants supplementing the weight loss program with MCTs lost significantly more weight and belly fat than the olive oil group.¹³

Digestion

Due to lack of digestive enzyme production, many people lose the ability to digest fat properly as they age. Because of its MCT content, coconut oil—unlike many other LCFAs—is easy to digest. In fact, MCTs are often used in a variety of malabsorption conditions. What’s more, coconut oil can help the body absorb important fat-soluble vitamins and key minerals (e.g., calcium, magnesium, zinc).

On top of that, by warding off pathogenic bacteria (i.e., antimicrobial properties), coconut oil provides additional support to the gut microbiome. Along those lines, in a recent study published in the journal *Nutrients*, Canadian researchers reviewed evidence that MCTs have the capacity to both improve intestinal permeability (i.e., leaky gut) and the bacterial ecosystem.³² MCTs have been shown to prevent exposure to lipopolysaccharide (LPS), which is a component of the cell walls of the “bad” (pathogenic) bacteria that reside in the gut.³³ LPS, which is essentially secreted by the pathogenic bacteria in the body, is considered an endotoxin. When LPS is absorbed into the circulation, it induces a systemic inflammatory response, and there are a number of potential negative health outcomes associated with excess levels of LPS.

With all of that being said, let’s talk about how you can go about incorporating coconut oil into your diet daily. Here are 10 of our favorite uses for coconut oil. Remember, with all of these recipes, we recommend choosing virgin over refined, bleached, and deodorized coconut oil.

1. SMOOTHIES

A good, homemade smoothie is packed with protein, healthy fats, and fresh fruits and vegetables, which provide fiber and important health-promoting micronutrients (e.g., vitamins, minerals) and phytonutrients. In addition to nutrient density, smoothies also provide some additional advantages like variety and convenience. They are arguably one of the easiest—and most delicious—ways to add a tablespoon or so of coconut oil to your diet as well. Here are a couple of recipes that we think you’ll enjoy.

Banana Coconut Supreme

Ingredients:

- 2 scoops BioTRUST® Low Carb Vanilla Cream
- 1 cup unsweetened coconut milk
- ½ frozen banana
- 1 tbsp coconut oil
- 1 – 2 handfuls spinach (optional)
- Stevia, to taste (optional)
- 5 ice cubes



Directions:

Put all ingredients in a blender and enjoy!

Milk Chocolate Coconut Delight

Ingredients:

- 2 scoops BioTRUST Low Carb Milk Chocolate
- 1 cup unsweetened chocolate almond milk
- 1 tbsp coconut oil
- 1 tsp almond extract
- Stevia, to taste (optional)
- 5 ice cubes



Directions:

Put all ingredients in a blender and enjoy!

2. COFFEE & HOT DRINKS

Like coconut oil, coffee provides a host of health properties and potential health benefits—boosting the metabolism and fat burning, increasing energy levels, providing

antioxidants, and more. So, why not combine the two? Sounds like a good idea to us! Here's a simple recipe for Coconut Oil Coffee.

Coconut Oil Coffee

Ingredients:

- Brewed coffee
- 1 tbsp coconut oil
- Optional: Stevia, cinnamon, etc.

Directions:

1. Carefully pour hot coffee into blender.
2. Add coconut oil (and any other add-ins that you prefer).
3. Place the lid on the blender, and blend up your coffee.
4. Once blended, pour into a cup and serve.

You can combine coconut oil with other hot drinks (e.g., tea, hot cocoa) as well. Not only that, you can use coffee as your base liquid for a protein smoothie like we do in this recipe.



High-Octane Coffee

Ingredients:

- 2 scoops BioTRUST® Low Carb Café Mocha
- 1 cup brewed coffee
- 1 tbsp coconut oil
- Optional: Ice, sweetener

Directions:

Put all ingredients in a blender and enjoy!



3. SALAD DRESSING

If you've followed our articles and newsletters, you're likely already familiar with the fact that we're not big fans of the overwhelming majority of store-bought salad dressings. Loaded with cheap vegetable oils (high in pro-inflammatory omega-6 fatty acids), sugar, artificial sweeteners, and colors, and MSG, they just don't meet our criteria for healthy. In fact, one might conclude that they contribute to health demotion.

Instead, try this versatile, flavor-packed coconut oil-based vinaigrette as a great topping for vegetables, rice, meat, fish, and eggs courtesy of *Precision Nutrition's Encyclopedia of Food*.³⁴

Spicy Coconut Oil Vinaigrette

Ingredients:

- 2 tbsp coconut oil
- 1 small shallot, finely chopped
- 2 cloves garlic, finely chopped
- 2 tbsp ginger, finely chopped
- 2 Thai chili peppers, finely chopped
- 1 tbsp tamari soy
- 1 tbsp rice vinegar



Directions:

1. Combine shallot, ginger, garlic, chili peppers, and coconut oil in a small pan of medium-low heat. Stir often, until shallots and garlic become wilted and caramelized, about 10 minutes.
2. Add tamari and rice vinegar and cook for 1 minute.
3. Remove from heat and serve. Store in the refrigerator.

4. MAYONNAISE

Just like store-bought salad dressing, America's favorite condiment mayonnaise is loaded with soybean oil. This cheap vegetable oil runs rampant in processed foods and plays a central role in the overconsumption of omega-6 fatty acids, which parallels the increase in virtually all inflammation-related conditions including cardiovascular disease, diabetes, obesity, metabolic syndrome, irritable bowel syndrome, inflammatory bowel disease, rheumatoid arthritis, asthma, mood disorders, mental illness, autoimmune disease, and more.³⁵ Not surprisingly, excess omega-6 intake has also been shown to be associated with accelerated aging (i.e., shorter telomere length).^{36,37}

Instead, try this coconut oil-based mayonnaise from certified doctor of natural medicine and clinical nutritionist Dr. Josh Axe.³⁸

Coconut Oil Mayonnaise

Ingredients:

- 3 egg yolks (room temperature)
- 1 tsp mustard
- 1 ½ tsp apple cider vinegar
- ¾ cup coconut oil, melted
- pinch of sea salt and black pepper



Directions:

1. In a blender, blend all ingredients except the coconut oil at a very low speed.
2. Slowly drizzle in the coconut oil, allowing to mix for at least 1 minute.
3. Scoop the mayonnaise mixture into a container (e.g., Mason jar) and screw the lid on very tightly.
4. Leave mayonnaise on the counter for 7 hours prior to refrigerating.

5. SAUTÉING & FRYING

Because of its high concentration of saturated fats, coconut oil is stable when heated, a property unlike vegetable oils (e.g., soybean, corn, safflower), which are rich in polyunsaturated fats that are converted into toxic, potentially harmful compounds when heated.³⁹

With that being said, coconut oil does have a smoke point around 350 degrees Fahrenheit, and along those lines, care should be taken to not exceed the smoke point, as this is when fat begins to releasing free radicals and a substance called acrolein, the chemical that gives burnt foods their acrid flavor and aroma.

Fried Coconut Shrimp

Ingredients:

- 1 pound tail-on shrimp
- 1 cup unsweetened coconut, finely shredded
- 1 cup almond flour (or coconut flour)
- 2 eggs
- 1 tsp each garlic powder, salt, and pepper
- 1 – 2 cups coconut oil
- 1 tbsp sea salt



Directions:

1. In a large skillet, heat the coconut oil until hot enough to fry.
2. Wash, de-vein, and peel shrimp.
3. Beat eggs with 1 teaspoon of water and the garlic powder, salt, and pepper until smooth.
4. Mix the shredded coconut and almond flour in a bowl.
5. Dip each shrimp into the egg and then into the coconut/almond flour mixture.
6. Place coated shrimp into pan of coconut oil.
7. Cook about 3 minutes per side; don't touch them between flipping.

8. When done, remove and sprinkle with sea salt.

Beef and Broccoli Stir-Fry

Ingredients:

- 1 pound boneless round steak, cut into strips
- 4 cups broccoli florets
- 1 onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 clove garlic, minced
- 1 tsp ground ginger
- ½ cup water
- ½ tbsp coconut aminos
- 2 tbsp coconut oil
- Sea salt and black pepper



Directions:

1. Heat coconut oil in skillet over medium heat.
2. Stir-fry the beef until well cooked, about 6 minutes. Remove beef from skillet.
3. In the same skillet, cook onions, broccoli, and red bell pepper until broccoli is soft, about 6 minutes.
4. Return the beef to the skillet.
5. In a small bowl, combine water, coconut aminos, ground ginger, minced garlic, and salt and pepper (to taste).
6. Add this mixture to the skillet. Cook everything for 2 – 3 minutes, then remove from heat.

6. ROASTING

Like sautéing and frying, roasting is another way to add coconut oil to your diet while enjoying its delicious taste. Here are two of our favorite recipes.

Roasted Brussels Sprouts

Ingredients:

- 1 pound Brussels sprouts, washed, stems removed, and quartered
- 2 cloves garlic, minced
- 2 tbsp coconut oil, melted
- salt and pepper, to taste
- ¼ cup almonds, sliced



Directions:

1. Heat oven to 400 degrees.
2. In a large bowl, mix Brussels sprouts, garlic, coconut oil, salt, and pepper.
3. Spread Brussels sprouts mixture onto a baking sheet.
4. Roast for 30 minutes, stirring halfway through. Add the sliced almonds for the last 3 minutes of roasting.

Sweet Potato Fries

Ingredients:

- 2 – 3 large sweet potatoes, cut into thin strips or wedges
- ¼ cup coconut oil, melted
- salt and pepper, to taste
- Note: You can also add spices of your choice; experiment with garlic, cinnamon, cayenne, chili powder, cumin, basil, oregano, thyme, etc.



Directions:

1. Preheat oven to 400 degrees.
2. Combine coconut oil and spices (e.g., salt, pepper, cinnamon, chili powder) in a

large bowl and mix well.

3. Add sweet potato strips or wedges to large bowl and toss by hand to mix and evenly coat.
4. Pour sweet potatoes onto large baking sheet.
5. Roast for 30 minutes (or longer), until slightly browned and tender, turning halfway through.
6. Try serving with the coconut oil mayonnaise.

7. BAKING

We don't know about you, but we love desserts and baked goods—cakes, cookies, breads, pies, and more. The unfortunate reality is that these types of foods are generally bad news for your health *and* your waistline.

There are a number of problems with traditional and store-bought desserts and baked goods (e.g., refined flour, added sugar, etc.) including being made with those same cheap vegetable oils that we mentioned in the salad dressings and mayonnaise sections. Coconut oil is a perfect replacement, and not only that, it imparts a delightful taste and moist texture. We think you'll love these two recipes.

Coffee Cake

Ingredients (Cake):

- 3 scoops BioTRUST® Low Carb Vanilla Cream
- $\frac{1}{3}$ cup oat flour
- 1 $\frac{1}{4}$ teaspoons cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$ cup granular stevia
- $\frac{3}{4}$ cup plain Greek yogurt
- $\frac{1}{3}$ cup unsweetened applesauce
- 1 egg
- 2 egg whites
- 1 teaspoon vanilla extract



- 1 teaspoon butter extract

Ingredients (Topping):

- ¼ cup oats
- 3 teaspoons coconut sugar
- 1 teaspoon cinnamon
- 2 tablespoons coconut oil

Directions:

1. Preheat oven to 350 degrees.
2. Mix all dry ingredients in a large bowl.
3. Mix all wet ingredients in a separate bowl.
4. Combine dry and wet ingredients together; mix well.
5. Pour batter into a greased 8 x 8 pan.
6. Mix together topping ingredients and sprinkle on cake batter.
7. Bake for 20 - 25 minutes; cake is done when you can insert a toothpick, and it comes out clean.

Apple Crisp

Ingredients:

- 1 small Gala apple, diced
- 1 small Granny Smith apple, diced
- 2 cups rolled oats
- 4 scoops BioTRUST® Low Carb Vanilla Cream
- ½ tablespoon cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ¾ cup water
- Dash of Himalayan sea salt
- 1 ½ tablespoons coconut oil, melted



- 1 tablespoon coconut sugar

Directions:

1. Preheat oven to 450 degrees.
2. Mix rolled oats, BioTRUST® Low Carb, spices, and apples in a bowl.
3. Add water, mix thoroughly, and place into a greased pie pan.
4. Top crisp with coconut oil, coconut sugar, and dash of cinnamon.
5. Bake for 20 - 25 minutes.

8. ENERGY BALLS & BARS

Whether you need a convenient, on-the-go breakfast, an afternoon pick-me-up, or something sweet in the evening, homemade energy balls and bars can satisfy your hunger and cravings and keep you from reaching for other pre-packaged garbage loaded with processed carbs, added sugar, and cheap oils.

Instead, try these tasty, super-easy energy balls courtesy of Elizabeth at the *Bowl of Delicious* blog.⁴⁰

Chocolate Coconut Energy Balls

Ingredients:

- ½ cup pecans (or other nuts, if preferred)
- 15 Medjool dates, pitted and roughly chopped
- ⅓ cup shredded unsweetened coconut (plus ¼ cup for rolling)
- 1 tbsp coconut oil
- 1 ½ tbsp cocoa powder
- pinch of salt



Directions:

1. Put pecans in food processor and pulse until roughly chopped.

2. Add remaining ingredients and process until well mixed.
3. Using a tablespoon measure, spoon out mixture and roll into balls.
4. Roll each ball in the remaining shredded coconut to coat.
5. Place balls on a baking sheet lined with parchment paper and refrigerate for at least 30 minutes.
6. Store in the refrigerator in a container for up to 2 weeks.

These energy bars, courtesy of Josephine Malene, are out-of-this world, and they're not only delicious, they're a breeze to make.

Cocoa & Cashew Bars

Ingredients:

- 1 ½ cups Medjool dates, pitted and chopped
- ⅔ cup nuts (e.g., hazel, walnut, almonds)
- ⅔ cup cashews
- 2 tbsp coconut oil, melted
- 2 tbsp cocoa powder
- ½ tsp ground vanilla (or vanilla extract)



Directions:

1. Blend nuts in a food processor or blender until finely chopped.
2. Add cashews and blend, leaving larger chunks. Set nut mixture in a large bowl.
3. Blend dates, coconut oil, vanilla, and cocoa.
4. Add the date mixture to the nut mixture in the large bowl, mixing together until you have a sticky dough.
5. In a lined baking tray, spread out the dough evenly.
6. Place in the refrigerator or freezer until firm and set.
7. Using a sharp knife, cut bars in the size you prefer.
8. Store bars in an airtight container in the refrigerator for up to 2 weeks.

9. CANDY

If you thought chocolate and fudge were off limits, guess again. Coconut oil lends itself perfectly to making these delectable treats. Now, while the ingredients in these recipes are far healthier than what you'd typically find, just because something has been "healthified" doesn't mean that you have a license to eat as much as you want. In other words, eat slowly and be mindful of your portion sizes.

If you have a hankering for chocolate, try this delicious coconut oil-based chocolate courtesy of Brenda Bennett at *SugarFreeMom.com*.⁴¹

Sugar-Free Dark Chocolate Candy Bars

Ingredients:

- 4 ounces (100%) unsweetened cacao or baking chocolate
- 3 tbsp coconut oil
- 1 tsp pure vanilla extract
- ¼ tsp salt
- 2 tbsp milk of choice (e.g., almond, coconut)
- 1 tsp liquid vanilla stevia
- 1 ½ tbsp powdered stevia
- Note: You can substitute honey, coconut sugar, etc., for stevia, if you prefer.



Directions:

1. Melt all ingredients in a sauce pan over low heat on stove until completely smooth.
2. Pour into candy molds, ice cube trays, etc., and refrigerate or freeze until hardened.

Fan of fudge? Try out this simple, delicious, rich, coconut oil-based fudge recipe with walnuts courtesy of Andrea Wyckoff.⁴²

Raw Walnut Fudge

Ingredients:

- 1 cup raw walnut pieces
- ½ cup raw cacao powder
- ½ cup coconut oil, melted
- ½ cup maple syrup
- 2 tsp vanilla
- 2 pinches sea salt
- Optional: 1 tbsp walnut oil
- For garnish: ¾ cup raw walnuts, rough chopped



Directions:

1. Blend 1 cup raw walnut pieces, cacao powder, coconut oil, maple syrup, vanilla, sea salt, and walnut oil together in a food processor (everything except for ¾ cup walnuts for garnish).
2. Line a small square dish with parchment paper.
3. Pour and scoop fudge batter into dish.
4. Top with chopped walnuts, pushing some in as you go, and add a finishing layer.
5. Freeze for an hour or more.
6. Chop into squares before serving.
7. Note: Best stored in the freezer; tastes best when chilled.

10. POPCORN

You may have started to notice a recurring theme: Many store-bought items are made with cheap, refined ingredients that may do more harm (to your health and waistline) than good. Store-bought popcorn follows this theme, as it's made with refined vegetable oils—in some case, partially hydrogenated vegetable oils, which are a source of *trans* fats—artificial flavors, and preservatives.

The great news for popcorn fans is that you can make a healthy version with this tasty, super simple coconut oil-based recipe—with just three *real* ingredients—from Tiffany,

the Coconut Mama.⁴³

Coconut Oil Popcorn

Ingredients:

- ½ cup organic popping corn
- 1 ½ tbsp coconut oil
- sea salt, to taste



Directions:

1. Heat a large, heavy bottom pot over medium heat. Be careful not to overheat.
2. Add coconut oil and allow it to melt completely. Once the oil has melted completely, add a few popcorn kernels to the pan and wait for them to pop to ensure that oil is hot enough.
3. Once the test kernels have popped, place the remaining popcorn kernels into the pot and cover.
4. After the kernels begin popping, shake the pot every 10 seconds or so. When the popping slows down to a pop every 2 – 3 seconds, remove the pot from heat and continue to shake for another 10 – 20 seconds to avoid burning the kernels on the bottom.
5. After 10 – 20 seconds, pour the popcorn into a bowl and add salt to taste. You can also drizzle with additional coconut oil if you prefer.

Bon Appétit!

So there you have it, 10 great ways to add virgin coconut oil to your diet. We encourage you to try out these delicious recipes and experiment with some of your own. We'd love to hear what else you come up with. As you replace other fats and oils with virgin coconut oil, we'll be interested to hear what benefits you're noticing. Bon appétit!

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