

Coconut Oil Diet Recipes- Free Bonus

This is a special free bonus for our “Coconut Oil Diet Secrets” customers. It is a sneak preview of some of the popular recipes from our upcoming book, “Coconut Oil Diet Recipes,” which you will be able to purchase at <http://coconut-recipes.com>.

If you haven't heard yet how thousands of people are losing weight and getting healthier with coconut oil diets, check out our website at <http://coconut-oil-diets.com>.

For more healthy diet information check out the Enzyme Health website at <http://enzyme-health.com>. For a limited time are giving away our diet book, *The Enzyme Health Diet Plan*, online for FREE, so come check it out.

Coconut Oil Dressings

Coconut Mayonnaise

1 whole egg
2 egg yolks
1 tablespoon Dijon mustard
1 tablespoon fresh lemon juice
1/2 teaspoon sea salt
1/4 teaspoon white pepper (if desired)
1/2 cup Virgin Coconut Oil (melted if solid)
1/2 cup extra virgin olive oil

1. Put the eggs, Dijon mustard, lemon juice, salt, and pepper into a food processor or blender: Then with the processor or blender running on low speed, start adding your oils very slowly. Start out with drops and then work up to about a 1/16-inch stream. It should take about two minutes to add the oil.
2. Continue blending until there is no free standing oil.

Makes about 1 1/2 cups

Using this above recipe for healthy mayonnaise, you can make the following salad dressings:

Ranch Dressing

1 cup buttermilk
1/2 cup coconut mayonnaise
1/2 teaspoon onion flakes
1/2 teaspoon garlic powder
1/2 teaspoon fresh parsley
1/2 teaspoon fresh dill
a dash of paprika
1 teaspoon white wine vinegar
freshly ground black pepper
sea salt to taste

Blend until smooth. Refrigerate. This dressing will thicken as it cools. You can use it instead of mayonnaise and can dilute it with more buttermilk if you want thinner dressing.

Blue Cheese Dressing

1 cup coconut mayonnaise
4 tablespoons sour cream
1/4 lb. blue cheese
1 cup buttermilk
2 tablespoons lemon juice
1 teaspoon honey
1/4 teaspoon garlic salt
1/4 teaspoon onion salt
1 teaspoon white pepper
1 dash Tabasco
1 dash Worcestershire sauce

Blend mayonnaise, sour cream, blue cheese and buttermilk. Add remaining ingredients. Blend until well creamed. Store in glass jar in refrigerator. Best after refrigerated two hours. If this tastes too tart, add a little more honey.

This dressing keeps for several weeks. It is delicious on a tossed green salad or you might like it on grapefruit and avocado salad.

Coconut Oil Vinaigrette

1/4 cup red wine vinegar

1/2 cup liquid virgin coconut oil
1/2 cup virgin olive oil
sea salt and pepper to taste

Wisk all ingredients together in a small bowl. Store in glass jar in refrigerator and warm to room temperature before using.

Try adding minced garlic, parsley, onion powder, cayenne powder, dill weed, parmesans cheese, or Dijon mustard for variations.

Main Dishes

Best Fried Chicken

1 (4 pound) whole chicken, cut into 8 pieces
1 quart buttermilk
1 tablespoon sea salt
3 cups whole wheat flour
1 (.7 ounce) package dry Italian-style salad dressing mix
1 teaspoon poultry seasoning
1/2 teaspoon sea salt
1 teaspoon ground black pepper
coconut oil for frying

In a large resealable plastic bag, combine chicken, buttermilk and salt. Refrigerate for 8 hours or overnight.

Heat oil in deep-fryer to 375 degrees F (190 degrees C). In a large resealable plastic bag, combine flour, Italian dressing mix, poultry seasoning, salt and pepper.

Remove chicken from buttermilk, and coat well with flour mixture. Let set on a plate for about 10 minutes.

Fry in hot oil until meat is no longer pink, and breading is golden brown, about 20 minutes. Drain on paper towels.

Variation: Use 6 skinless, boneless chicken breast halves instead of the whole chicken. Cut into 1/2 inch strips. Follow recipe instructions. Fry until golden brown and juices run clear. Drain on paper towels.

Thai Coconut Chicken

4 chicken breasts halved, skinned and deboned
1 (6 oz.) can coconut milk, unsweetened
Juice of 2 fresh limes
1/3 cup rice flour
Pinch of red pepper
1/3 cup sesame seeds

Make a marinade of coconut milk, lime juice and red peppers. Place in plastic bag with chicken breasts and refrigerate overnight. Drain and save marinade.

Mix rice flour and sesame seeds. Coat chicken breasts in flour mix. Fry in non stick skillet using 3 tablespoons of coconut oil until chicken is golden brown. Remove chicken from skillet; add marinade and some or all of remaining flour to skillet. Cook for a few minutes until thickened pour over chicken. Add lime slices for color.

Coconut Shrimp Kabobs with Island Coconut Salsa

1 lb shell-on shrimp, uncooked
1/3 cup coconut milk, canned and sweetened
2 tablespoons Lime Juice
1 garlic clove, crushed
1 teaspoon Red Chili Peppers, seeded and minced
1 teaspoon ground Cumin
1/2 teaspoon ground Coriander
1/4 teaspoon ground White Pepper
12 to 18 fresh Pineapple Chunks

Island Coconut Salsa

1 cup flaked coconut
1 cup chopped cilantro
1 cup chopped green onion
2 tablespoons fresh lime juice
2 tablespoons minced fresh ginger
1 to 2 teaspoons minced garlic clove
1/2 teaspoon sea salt
1/2 cup olive oil or macadamia nut oil

Peel and devein shrimp retaining tails; set aside. Combine coconut milk, lime juice, garlic, red peppers, cumin, coriander and pepper; pour over shrimp. Marinate no more than 1 hour. Thread shrimp and pineapple chunks on skewers.

Broil or grill, 3 minutes per side, or until shrimp are done. Serve coconut shrimp on large lettuce leaves with Island Salsa on the side.

Coconut Beer Batter Fried Shrimp with Pineapple Salsa

2 eggs
1-3/4 cups all-purpose flour
3/4 cup beer
1 tablespoon baking powder
2 lb. medium shrimp, peeled and deveined
coconut oil
3 cups grated coconut

Seasoning mix:

1 tbsp. cayenne pepper
2-1/4 tsp. salt
1-1/2 tsp. sweet paprika
1-1/2 tsp. black pepper
1-1/4 tsp. garlic powder
3/4 tsp. onion powder
3/4 tsp. dried thyme
3/4 tsp. dried oregano

Thoroughly combine the ingredients for the seasoning mix in a small bowl and set aside.

Mix 1-1/4 cups of the flour, 2 teaspoons of the seasoning mix, baking powder, eggs, and beer together in a bowl, breaking up all lumps until it is smooth.

Combine the remaining flour with 1-1/2 teaspoons of the seasoning mix and set aside. Place the coconut in a separate bowl.

Sprinkle both sides of the shrimps with the remaining seasoning mix. Then hold each shrimp by the tail, dredge in the flour mixture, shake off excess, dip in batter and allow excess to drip off. Coat each shrimp with the coconut and place on a baking sheet.

Heat deep fryer to 350°F. Drop each shrimp into the hot oil and cook until golden brown, approximately 1/2 to 1 minute on each side. Do not crowd the fryer. Drain on paper towels and serve immediately.

Lay shrimp on large lettuce leaves and serve with Pineapple Salsa dip. Garnish with lemon, orange, or lime wedges.

Pineapple Salsa

1 cup finely chopped fresh pineapple
1/3 cup chopped red onion, 1/4 cup finely chopped fresh cilantro
1/4 cup pineapple preserves (or apricot-pineapple preserves)
1 tablespoon finely chopped seeded fresh jalapeno chili
1 1/2 tablespoons fresh lime juice
1/4 teaspoon ground black pepper

Combine ingredients and gently toss.

Caribbean Run Down

1 pound of codfish or another mild fish (or lobster)
3 tablespoons lime or lemon juice.
3 cups coconut milk
1 large onion
3 cloves garlic
finely chopped hot pepper to taste
1 lb. tomatoes, peeled and chopped
1 tablespoon vinegar
sea salt and freshly ground black pepper to taste
1 tablespoon vinegar

Pour the lime juice over the fish and set aside.

Cook the coconut milk in a heavy frying pan until it is oily. Add the onion, garlic and cook until the onion is tender. Add the hot pepper, tomatoes, salt and pepper, thyme and vinegar. Stir and cook very gently for 10 minutes.

Drain the fish, add the other ingredients and cook until the fish is tender, about 10 minutes.

Philippine Chicken Adobo in Coconut Milk

2 tablespoons garlic, minced
1 onion, chopped
2 tablespoons coconut oil
1 whole chicken, cut into 8-10 pieces
3 cups coconut milk, divided
1 teaspoon ground black pepper
1/4 teaspoon salt

1/4 teaspoon fresh ginger, grated
3 tablespoon vinegar
1 small piece chili (optional)

In a soup pot, saute garlic and onion in 2 tablespoons coconut oil. Add chicken pieces, 2 cups coconut milk, black pepper, salt, ginger and vinegar. Bring to a boil and simmer uncovered until chicken is very tender, about 1 hour and 10 minutes. Add chili (optional to taste) to make dish hot and spicy. Add remaining coconut milk, stir and simmer 2 to 3 minutes until sauce is thick and oily. Serve hot over rice.

Side Dishes

Coconut Rice

3 cups long grain rice (I like brown Basmati)
3 cups coconut milk or 1 can coconut cream mixed with 3 cups of water
1 1/2 cups raisins
6 tablespoons slivered almonds
1 onion, sliced
sea salt to taste

Slice and fry the onions in coconut oil until they are golden brown. Fry the almonds lightly. Set both aside.

Put rice, coconut cream, water and salt in a saucepan (or rice cooker). Bring it to boil on medium heat and boil until liquid is gone. Reduce heat, cover and continue cooking until rice is well cooked and fluffy. Gently stir with a fork.

Garnish with fried raisins, onion and almonds. Serves: 4-6.

Caribbean Rice & Peas

2 cups uncooked rice
1 medium onion, chopped
1/2 cup of any dried peas
1 teaspoon of thyme
salt and pepper to taste
1 cup coconut milk

Cook the peas in water until soft but still firm. (Do not wait until peas are flowery, peas are cooked just right when squeeze between the finger there is a semi firm

core.)

Add onion, salt and thyme, and coconut milk. Add the rice. (Make sure water and ingredients are at least 3/4 ins above the rice, less water is required for pot over 6" in diameter.) Bring to a boil for 10 minutes, then lower heat to 250. Cook to desire tenderness

Coconut Oil Coleslaw

1 cup virgin coconut oil
2 tablespoons raw honey
1 teaspoon. dry mustard
1 teaspoon. celery seed
1 teaspoon. salt
1 teaspoon. white pepper
3/4 cup of your favorite vinegar

Mix dry ingredients. Add vinegar and slowly blend in coconut oil. Pour over shredded cabbage and enjoy.

Coconut Desserts

Coconut Flan

8 oz. coconut milk
8 oz. coconut cream
1 cup toasted coconut
1 cup raw sugar
1/4 cup water
2 tablespoon lemon juice
6 whole eggs
3 egg yolks

Preheat oven to 325° F. Combine milk, coconut milk, and coconut cream. Bring to a boil, reduce and simmer 15 minutes. Take off flame and let cool. Add toasted coconut. Let toasted coconut infuse for 15 minutes. For caramel, add sugar and water in medium sauce pot. Cook until amber color, then whisk in lemon juice.

Pour caramel evenly in 4-oz. ramekins and set aside. Strain milk mixture into a bowl. Add eggs and yolks, whisk lightly. Fill each ramekin with mixture, then place ramekin in roasting pan filled half way with hot water. Cook, covered with foil, for 25 minutes. Serve with Pineapple Salsa or fruit. (Makes 12 small custards.)

Pineapple-Coconut Ice Pops

2 cups canned crushed pineapple
1 cup canned coconut milk
2 tablespoons raw (turbinado) sugar or raw honey
1/2 tsp sea salt
1 cup crushed ice
Plastic pops tray and sticks

In a blender, blend fruit, coconut milk, sugar and salt at high speed, until slushy. Pour into pops molds and freeze about 30 minutes. Insert sticks and return to freezer. Freeze at least 6 hours.

Banana Coconut Pops

2 Bananas
Raw Honey
Desiccated Coconut
popsicle sticks

Peel the bananas, then cut them in half and push popsicle sticks into the bottom of both pieces of banana. Roll the bananas in honey, and then in the coconut. Place the banana pops on a baking tray lined with a sheet of baking paper and then freeze. Your banana pops will be ready to eat the next day.

Miscellaneous

Banana-Coconut Bread

3/4 cup raw sugar
1/4 cup coconut oil
2 eggs
1 cup mashed bananas
1/2 cup shredded coconut
2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1 cup chopped pecans or walnuts (optional)

Preheat the oven to 350 degrees.

Mix the sugar, coconut oil and eggs together and then beat the mixture until light and fluffy. Add the mashed bananas and coconut.

Sift the flour with the baking powder, salt and soda. Stir this into the other mixture, stirring until smooth. Add the nuts if desired and stir again.

Pour the batter into a greased 9 by 5 by 3 inch loaf pan. Bake in a 350 degree oven for 60 to 70 minutes or until the loaf tests done. Remove from the oven and allow to cool. Use 2 spatulas to remove the loaf from the loaf pan, and let it finish cooling on a wire rack. Makes 1 loaf.

Hawaiian Coconut Cheese Spread

8 ounces cream cheese - softened
2 tablespoons pineapple, mango, apricot or peach preserves
1/3 cup flaked coconut

Combine cream cheese and preserves, mixing until well blended. Add coconut; mix well. Chill. Serve on bagels, toast, sweet fruit or nut breads. Serves 10.

Coconut Oil Tortilla Chips

12 (6 to 7 inch) corn tortillas
1 cup of coconut oil
1/2 teaspoon salt

Stack 3 tortillas at a time on a cutting board. With a large sharp knife, cut straight down through the stack, cutting into quarters. If making strips, cut across the tortillas to make strips the width you want.

In a medium size skillet, heat the oil over medium-high heat until a strip of tortilla starts to sizzle immediately when dipped into the hot oil.

Fry the tortilla pieces in batches about 2 minutes or until crisp and lightly browned.

Remove with a slotted spoon or tongs, and drain on paper towels.

While the chips are still hot sprinkle lightly with sea salt, if desired. Serve with salsa. Makes about 48 chips.

Dianne's Homemade Salsa

4 medium organic tomatoes, chopped
1 clove of garlic, crushed
1/2 cup red onion, chopped (or you can use scallions)
1 can (4 oz.) diced green chilies
1 (or more) Jalapeno peppers, seeded and diced (or you can use Anaheim chilies, which are milder).
1/3 cup of fresh cilantro, chopped
2 tablespoons olive oil
2 tablespoons lime juice
1/2 teaspoon ground cumin
sea salt and pepper to taste

Combine all ingredients and let rest at room temperature for an hour before serving. This is good served over other foods or as a dip.

If you have a favorite coconut recipe to share and want us to consider including it in our Coconut Recipe books, send it to mohavepublishing@gmail.com.