



Moroccan Sweet Potato,  
Butter Bean and Coconut Tagine

You're sure to savor these all-natural, high-energy, easy, dependable recipes, all of which are free of gluten, grains, eggs, dairy and nuts.

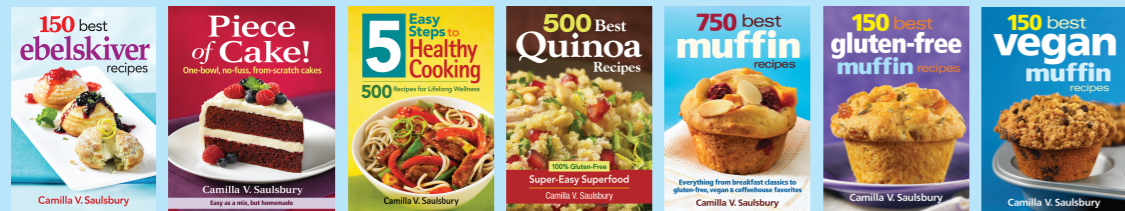
# THE Complete Coconut Cookbook

With its compelling health benefits and unmistakable flavor, the humble coconut is more popular than ever. And it's incredible how coconut products, such as coconut oil, flour, sugar and milk, can be used to make everything from nourishing breakfasts, breads, soups and entrées to drinks, desserts and more.



Strawberry Coconut Mousse

### Also by Camilla V. Saulsbury



**Camilla V. Saulsbury** is a freelance food writer, recipe developer, cooking instructor and creator of the healthy cooking blog [powerhungry.com](http://powerhungry.com). She has been featured on The Food Network, *Today*, *Good Morning America* and *Katie*, and in *The New York Times*. She is also a fitness trainer and endurance athlete.

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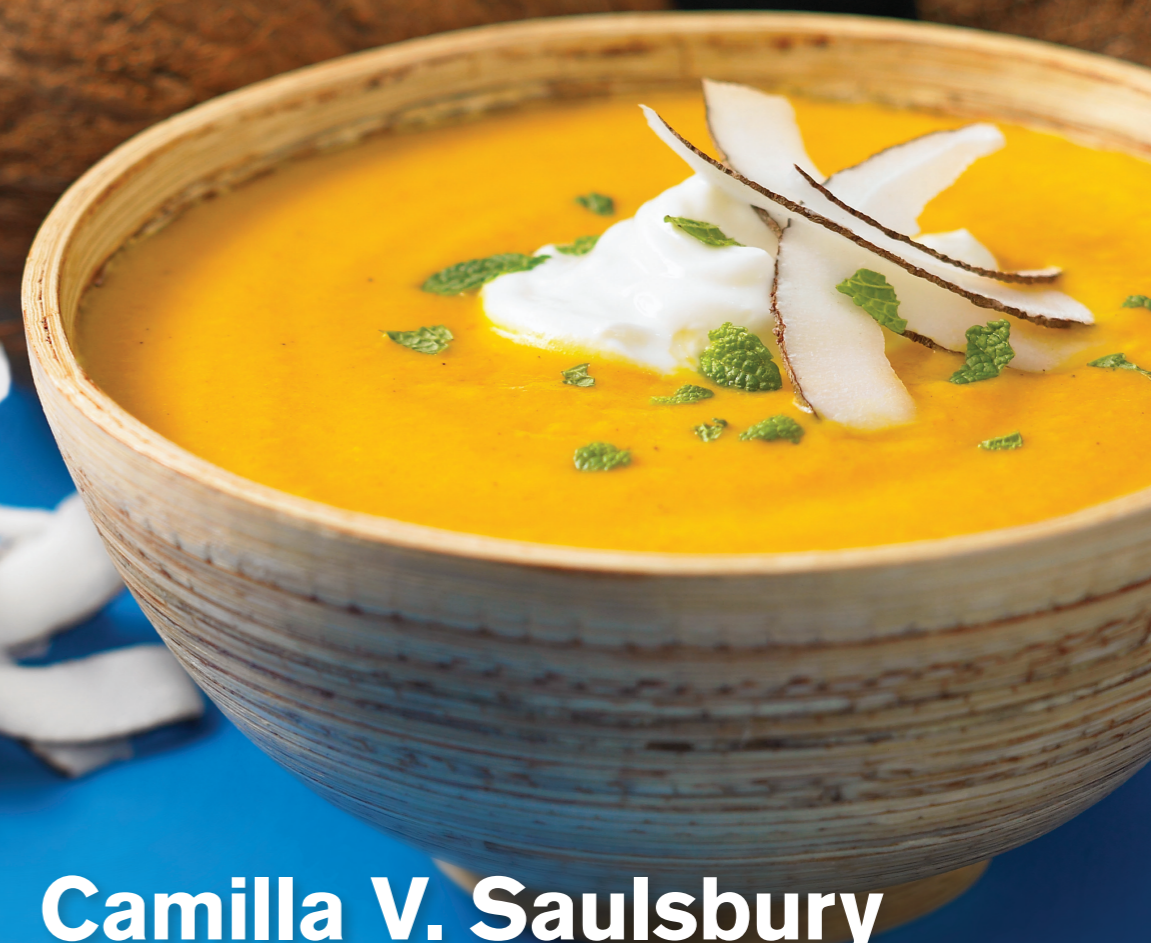
Camilla V. Saulsbury

THE Complete Coconut Cookbook



# THE Complete Coconut Cookbook

200 Gluten-Free, Grain-Free and Nut-Free Vegan Recipes Using Coconut Flour, Oil, Sugar and More



Camilla V. Saulsbury