

25 WAYS TO EAT MORE COCONUT OIL

- Mix it into yogurt.
 - Add to your coffee or tea.
 - Bake with it, instead of butter.
 - Use it as a great frosting.
 - Use it instead of butter on toast.
 - Pour it over oatmeal.
 - Blend it in smoothies.
 - Substitute it for other oils.
 - Eat it by the spoonful.
 - Add to your nut butter.
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- Fold it into your muffin batter.
 - Use it instead of butter.
 - Mix it into your salad.
 - Use it in a burrito bowl.
 - Sauté vegetables in it.
 - Roast vegetables using it.
 - Use it to cook scrambled eggs.
 - Use it to pan-fry meat.
 - Mix it into popcorn.
 - Use it in a marinade.
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- Use it in homemade mayonnaise.
 - Blend it in soups.
 - Mix it into stews or chili recipes.
 - Mix it into quinoa.
 - Use it to pan-sear fresh fish.



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12 Ways To Eat More Coconut Oil