

Recipes from: *“The Coconut Lover’s Cookbook”*, by Bruce Fife, N.D.

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Basic Coconut Milk Smoothie

1 large ripe banana

1 cup coconut milk

1 cup orange juice

Blend all ingredients in blender until smooth. This smoothie recipe can be used as the base for many different flavors. (Coconut oil can be added if desired; follow the directions as described on pages 36-37.)

Blueberry Coconut Muffins

½ cup coconut milk

1 egg

½ cup honey

1 teaspoon vanilla

1 cup whole wheat flour

½ cup grated coconut

2 teaspoons baking powder

¼ teaspoon salt

1 cup fresh blueberries

Preheat oven to 400 degrees F. Combine coconut milk, egg, honey, vanilla in a bowl and mix thoroughly. In a separate bowl mix together flour, coconut, baking powder, and salt. Add the dry ingredients to the wet, mixing just until moistened. Fold in blueberries. Pour into greased muffin cups. Bake for 15 minutes. Makes one dozen muffins.

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Chicken Pot Pie

Pot pies make great meals for lunch or dinner. If you make several at a time, you can refrigerate cooked pies for a quick and easy lunch. Just reheat for a few minutes and serve. They actually taste better the second day. Uncooked pies can be frozen and used at any time for an easy ready to cook and eat meal. Frozen pies should be removed from freezer and allowed to thaw for at least one hour before baking. You can also thaw frozen pies by putting them in the refrigerator overnight.

2 cups water
1 can (14 ounces) coconut milk
½ cup onion, chopped
½ cup celery, chopped
½ cup peas
1 cup potatoes, chopped
1 teaspoon thyme
1 teaspoon salt
¼ teaspoon pepper
2 cups cut-up cooked chicken
3 tablespoons corn starch
4 to 5 Tart Pastry Shells (page 174)

Heat water and coconut milk in a large saucepan to boiling. Add vegetables and seasonings. Reduce heat and simmer for 15 minutes. Add meat. Mix cornstarch with $\frac{3}{4}$ cup water and add to hot mixture stirring constantly until thick and bubbly, remove from heat. Fill *unbaked* pastry shells with hot mixture. Add top crust to pastry shell. Cut a few slits on the top of the crust. Cook in oven at 400 degrees F for 30 to 35 minutes.