Cooking with Coconut Oil

Recipes by Dale Pinnock
‘The Medicinal Chef’
Coconut Oil

The amazing properties of the coconut know no bounds… Organic Raw Coconut Oil can be used to soften and soothe ageing, dry skin; used in cooking to add delicious and healthful essential fatty acids to the diet; added to smoothies and shakes to aid weight loss (yes, an oil that can help you lose weight! – the coconut contains special fats called MCTs which have been shown to help with metabolism, a secret many athletes and gym-bunnies have known for years) and applied as an intensive hair-repair oil (simply comb into hair, leave for 30 minutes and wash as usual, for a silky, youthful gloss).

Organic Raw Coconut Oil from Viridian Nutrition, the ethical health & beauty company, is simply the freshest, most fragrant and delicious coconut oil you have ever tried - and that's backed up by a money back guarantee!

HEALTH & BEAUTY:
Coconut oil has been shown to help significantly as a skin conditioner; being rich in antioxidants and fatty acids that penetrate into the underlying tissues. It can help with the appearance of stretch marks and can help prevent premature ageing of the skin. Coconut oil absorbs very readily into the skin and keeps it soft but not greasy. It can be used as an all-over body moisturiser. It helps to reduce chronic skin dryness and aids the removal of the outer layer of dead skin cells, making the skin softer and smoother. The small molecular structure of coconut oil allows for easy absorption through the skin. Organic coconut oil is wonderful to use as a hair conditioner as it softens the hair and conditions the scalp. Using the oil as a pre-wash conditioner can help combat dandruff. Coconut oil is famed for its ability to strengthen the structure of damaged, devitalised hair.

SPORTS NUTRITION:
Coconut oil is being used increasingly in sports nutrition. Studies in Sri Lankan universities have proven that the saturated fats found in coconut oil have a profoundly different effect on metabolism compared to the saturated fats of animal origin. Coconut oil is easier to digest and absorb than other saturated fats. Also, the MCTs do not end up being in fat stores or adipose tissue as much. MCTs provide a longer release of energy and decrease the amount of muscle broken down, all of which is of great benefit for athletes and ‘weekend warriors’.

COOKING:
Coconut oil can be used in cooking instead of olive oil or butter. It is highly heat resistant making it ideal for cooking, baking and frying. It can be easily blended into smoothies, dips, and also used in many raw food recipes.
The A-Z of Raw Organic Coconut Oil

Acne
Coconut oil can be used as a skin moisturiser by people suffering from acne because coconut oil is naturally antimicrobial and anti-inflammatory in nature and the small molecular structure of coconut oil allows for easy absorption through the skin without blocking pores.

After-shave
Coconut oil is an ideal after-shave because it has anti-microbial and anti-inflammatory properties. It is also a natural skin moisturiser. Face, legs, armpits, all over.

Body scrub
Add a little sea salt and your favourite essential oil into some raw organic coconut oil and you have a natural body scrub that will exfoliate and moisturise at the same time.

Cooking
Raw organic Coconut oil is fabulous to replace butter and olive oil in everyday recipes. Try it for yourself on your Sunday roast potatoes – delicious.

Energy boost
Studies in Sri Lankan universities have proven that the saturated fats found in coconut oil have a profoundly different effect on metabolism compared to the saturated fats of animal origin. Raw organic coconut oil is easier to digest and absorb than other saturated fats. Also, the MCTs found in coconut oil do not end up being in fat stores or adipose tissue as much. MCTs provide a longer release of energy and decrease the amount of muscle broken down, all of which is of great benefit for athletes and ‘weekend warriors’.

Hair and scalp rejuvenation
Raw organic coconut oil is wonderful to use as a hair conditioner as it softens the hair and conditions the scalp, leaving it smooth and frizz-free. Using the oil as a pre-wash conditioner can help combat dandruff. Coconut oil is famous for its ability to strengthen the structure of damaged, devitalised hair.

Heart health
Raw coconut oil provides greater antioxidant protection than standard refined coconut oil (which contains far less of the minor unsaponifiable polyphenolic components) thus offering cardio-protective effects. Despite being a saturated fat, it also has a positive effect on cholesterol levels.

Insect repellent
This may be a myth, but raw organic coconut oil is often used as a natural insect repellent. Blend with a little tea tree or lemon myrtle for maximum effect and smooth over the exposed areas it may make the area to slippery to penetrate.

Lip balm
Protect your lips from winter chapping by rubbing a little coconut oil into them.

Make-up remover
Coconut oil is an excellent make-up remover because it moisturises at the same time. Powerful at removing those stubborn eye make-up such as eyeliner and mascara.

Nappy rash balm
Raw organic coconut oil creates a water-repellent barrier to soothe nappy rash. The natural moisturising, anti-microbial and anti-inflammatory properties of coconut oil help restore baby’s bottom.
Nipple protector
Raw organic coconut oil is the ideal nipple balm for breastfeeding mothers who wish to prevent or treat sore cracked nipples. Safe for the baby, and soothing for the mother, coconut oil can moisturise this delicate area and speed healing. The anti-microbial properties of raw organic coconut oil can also help prevent infection.

Pet repair
Feeding your dog just a tablespoon of coconut oil, once a week, especially in the winter, will keep his skin moisturized and his coat looking healthy and shiny.

Skin moisturiser
Raw organic coconut oil has been shown to help significantly as a skin conditioner; being rich in antioxidants and fatty acids that penetrate into the underlying tissues. It helps to reduce chronic skin dryness and aids the removal of the outer layer of dead skin cells, making the skin softer and smoother.

Sports nutrition
Raw organic coconut oil is being used increasingly in sports nutrition, where it is being applied as a metabolism-boosting aid to healthy weight management and as an extra source of energising medium-chain triglycerides (MCTs). Some researchers using coconut oil with professional sports people have shown dramatic results in body fat loss from 24% to 12% in 4 months from using no other fat burning supplements except coconut oil and a few basic lifestyle changes.

Stretch mark prevention
Raw organic coconut oil can help with the appearance of stretch marks and can help prevent premature ageing of the skin. Coconut oil absorbs very readily into the skin and keeps it soft but not greasy. It can be used as an all-over body moisturiser.

Thyroid health
The synergistic properties of antioxidants, fatty acids, and other minor fractions present in coconut oil has been shown to regulate the healthy functioning of the thyroid gland and help combat hypothyroid symptoms such as fatigue, weight gain, and skin/hair/nail disorders.

Weight management
Yes! A fat that can help you maintain your weight! Research on the effects of coconut oil from the 2009 issue of Lipids Journal revealed that ‘it appears that dietetic supplementation with coconut oil …seems to promote a reduction in abdominal obesity’.

Food
Simply delicious!
Add to smoothies
Use in curries
With roast potatoes

Beauty
Softens · Nourishes · After-sun
Hair health · Dry skin · Anti-ageing

Health
Excellent source of EFAs
Weight management
Sports nutrition
Spicy Lentil & Coconut Soup

Ingredients:
2 tablespoons of raw organic coconut oil
1 red onion – finely chopped
1 fresh green chilli
2 cloves of garlic – finely chopped
1 piece of fresh lemon grass – outer layers removed / finely chopped
100g of red lentils
1 tsp of ground coriander
1 tsp of paprika
200ml of coconut milk
Juice of half a lime
1 spring onion – chopped

Method:
Add the oil, garlic, onions, chilli, and lemongrass, and sauté for 5 minutes. Salt to taste using unrefined sea salt or Himalayan crystal salt. Add the lentils, and pour in the coconut milk, along with 400ml of water. Reduce the heat and let the soup simmer for 45 minutes, until the lentils are soft and mushy. Take off the heat, and squeeze in the juice from half a lime. Serves 2.

Health Properties:

**Red Onions:** contain a group of chemicals called ‘flavonoids’ that are responsible for the deep red colour. These offer significant protection against excessive inflammation, which has been linked to the onset and progression of arterial disease. Onions also contain a chemical called diallyl sulphide, which has been shown to reduce clotting factors in the blood, thus offering protection against heart attacks and strokes.

**Red Lentils:** are very rich in both soluble and insoluble fibre. Both of these fibres are useful for carrying away cholesterol that is lurking in the digestive system, and removing it from the body via the bowel. Lentils are also a great source of magnesium that helps to relax the muscular walls of blood vessels, which can naturally lower blood pressure.

**Garlic:** helps to reduce the blood’s ability to clot, and encourages the production of the ‘good’ HDL cholesterol, whilst reducing the levels of LDL.

**Chilli:** is a very powerful circulatory stimulant, and a useful aid in lowering blood pressure. This is because of the powerful chemical, capsaicin, which forces the blood vessel walls to open, enhancing circulation and lowering blood pressure.

**Lemongrass:** is another powerful vasodilator, that helps to widen the blood vessels by relaxing their muscular walls. This reduces the pressure in the vessels, and lessens the likelihood of injury to the internal lining of the vessels.
viridian
The ethical vitamin company

Coconut Oil

Simply the most delicious coconut oil you’ve ever tasted. For beauty, for cooking, for all the family.

Fresh, Fragrant and Delicious

www.viridian-nutrition.com

ETHICAL NUTRITION WITH AN ORGANIC HEART
Coconut Curry

A classic Indian curry often uses coconut flavours to enhance the spices. Rich in healthy fatty acids and a number of phytonutrient-rich spices, this recipe makes enough for four.

Ingredients:
- 2 tablespoons raw organic coconut oil
- 1 can of coconut milk
- 1 tsp chopped garlic
- 2 pinches of sea salt
- 4 large potatoes, peeled and chopped
- ½ large cauliflower, chopped
- 2 large courgettes, chopped
- 2 tablespoons curry powder
- 1/2 tsp ground cumin
- 1/2 tsp ground nutmeg
- 1/2 tsp ground ginger

Method:
Combine curry powder, cumin, nutmeg and ginger in a bowl. Steam potatoes for twenty minutes; add cauliflower for the last five minutes. Heat coconut oil in a large saucepan. Add garlic and courgettes. Cook until courgettes soften a little. Add steamed potatoes and cauliflower to the saucepan. Add coconut milk. Stir in the spices and sea salt until spices are fully incorporated. Enjoy this rich and delicious coconut curry with rice or quinoa. Serves 4.

The Clear Skin Cookbook

by Dale Pinnock
available from specialist health stores.
To find your nearest stockist please visit www.viridian-nutrition.com
ELAINE CLARK, 57, used to suffer with angry red rashes on her neck and chest and skin so dry it would crack and bleed. Her local health shop suggested she try Viridian’s Organic Raw Coconut Oil and within days her skin had fully recovered. Elaine explains: “I’ve always suffered with dry skin but over the years and as I began to look after my mum full-time, it only got worse. My mum’s immune system is severely compromised and so I always have my hands in water, either cleaning or making sure that I’m clean. As a result my skin is very dry; the skin on my knuckles is particularly dry and they often split and bleed, which is incredibly painful. I also suffer with red, itchy rashes on my neck and décolleté area, caused by stress.

Over the years I’ve tried a number of creams from all over the world, including steroid creams, but none have worked long term.

I applied a small amount of oil to my hands and neck and within days the cracks in my hands had closed up and the rash on my neck and chest had all but disappeared. I’ve been using the oil for a couple of months now and my skin has never looked or felt this good! I am so pleased with the results.”

Elaine has been using Viridian Nutrition’s Organic Raw Coconut Oil, a premium quality oil certified by the Soil Association. Coconut oil has been shown to help significantly as a skin conditioner; being rich in antioxidants and fatty acids that penetrate into the underlying tissues. It is surprisingly non-greasy and absorbs very readily into the skin, helping to reduce chronic skin dryness; it also aids the removal of the outer layer of dead skin cells, making it softer and smoother.
Goji and Pumpkin Seed Energy Bombs

This simple and easy recipe makes a high nutrient, high energy snack at any time of the day. They become especially useful if you are suffering from the sniffles, as they are packed with immune boosting chemicals and nutrients.

Ingredients:
3 handfuls of goji berries
3 handfuls of pumpkin seeds
2 heaped tablespoon of raw organic coconut oil

Method:
The method for making these tasty treats, will probably remind you of making cornflake cakes as a child. Quarter fill a saucepan with water, and place a heatproof glass bowl on top, to create a bain marie (remember melting the chocolate for those cakes). Add the coconut oil to the bowl.
Meanwhile, add the pumpkin seeds and goji berries to a food processor, and process at a medium speed, to get a coarsely ground texture.
Begin to melt the coconut oil in the bain marie. Once melted, add to the processed goji berries and pumpkin seeds, and mix thoroughly. This will give a sticky, but firm mixture. Roll into bite sized balls, place on to a plate, and refrigerate until firm.

Health properties:

Goji berries: have been all over the world media in recent years, with some rather astounding and notably far fetched claims being made about them. They have been viewed as the ultimate super food.
Whilst much of the media attention can realistically be considered hype, goji berries do certainly have some interesting effects upon the immune system. Like many medicinal plants and mushrooms, they contain a group of special sugars called polysaccharides. These sugars are known to be a very powerful stimulator of the immune system. They do this by causing an increase in the production of white blood cells.

Pumpkin seeds: are definitely one of my favourite nibbles to have around the house. They are very high in another important trace mineral - zinc! Zinc has been widely researched in recent years, especially in the context of immunity. One of the key roles that this wonderful mineral plays, is the regulation of the functioning of individual white blood cells. It does this by ensuring correct functioning of their individual DNA - the internal code that programs every function of every cell, in every tissue. A healthy, fully functioning DNA, means a healthy fully functioning white blood cell, able to deliver its best performance when faced with an invader.
Pumpkin seeds are also a very rich source of the chemical curcubitin, which is a powerful antiviral and antiparasitic agent. This makes it very useful for things such as food poisoning, where the infective agent has found its way into the body via the digestive tract. Pumpkin seeds have a long standing history as a traditional remedy for such infections.
Get creative and have your recipe published!

We’re always looking for new and exciting coconut recipes to add to our collection. If you have an idea for a new recipe which incorporates our organic coconut oil please get in touch.

Our favourites will be entered into a free draw each month to win a year’s supply of coconut oil and your recipe will be featured in future Viridian booklets, credited to you of course.

Please send details of your recipes including a photo of the dish and a photo of yourself to steve.h@viridian-nutrition.com
Chocolate, Orange & Coconut Pudding

Dairy free, nutrient dense, and surprisingly delicious.

**Ingredients:**
1 large, ripe avocado  
2 tablespoons of raw organic coconut oil  
2 tablespoons of caco powder  
3 teaspoons of honey  
grated orange zest

**Method:**
Scoop the flesh out of the avocado, and add to a food processor. Melt the coconut oil gently in a saucepan on a very low heat. Add the melted coconut, chocolate powder, honey, and orange zest to the avocado, and blend until a smooth chocolatey paste is made. Transfer into ramekins and refrigerate for 2 hours. The end result should be a smooth chocolate mousse/pot au chocolate texture. Serves 2.

**Health properties:**

**Avocado:** an incredibly rich source of the antioxidant nutrient vitamin E, which is beneficial for cardiovascular health and healthy skin. They are also very rich in essential fatty acids that deliver benefits from cardiovascular protection through to anti-inflammatory activities.

**Chocolate:** is very high in a powerful group of antioxidants called polyphenols, which are also found in green tea. Cacao is also incredibly rich in the mineral magnesium.
Fat is essential to our wellbeing, it’s just a case of getting the balance right and health food stores have various beneficial nutritional oils available. Choose organically-grown seed oils, which are better quality and kinder to the environment.

There are now 12 products in the Viridian nutritional oils range all of which are ‘first cold pressed’, solvent-free, packaged under nitrogen, non-GM and vegan. All the seed oils are organically grown where appropriate.

Fat is essential for healthy skin, heart, brain & overall vitality.

The Viridian Nutrition award-winning range of 180+ nutritional and beauty supplements is available from specialist health stores. For your nearest stockist visit viridian-nutrition.com