



Coconut Oil Recipes: 101 Delicious, Nutritious, Low Budget, Mouthwatering Coconut Oil Recipes Cookbook

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Coconut oil that is labeled “virgin” or “extra virgin” is extracted from coconut meat using delicate methods such as cold-pressing. “This type of oil will have more antioxidants as well as a stronger coconut flavor and aroma,” Brazilian says. Perfect for a batch of brownies or a fragrant curry. Not ready to go loco for coco flavor? Try refined coconut oil (sometimes labeled “expeller-pressed”), which is further processed to have a more neutral taste and scent. Refined coconut oil also has a higher smoke point than virgin, so Brazilian says you can use it for higher-heat cooking such as stir-frying or when you are making dishes like scrambled eggs and don’t want it to taste like a beach vacation. But she recommends researching brands online to find ones that avoid using harsh chemicals to refine their coconut oil.

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