

H. ADVANCE TITLE INFORMATION

MAGICAL TROPICAI® COCONUT COOKBOOK

by Ulrike Straub & Jasmin Hirnich

CONTENT:

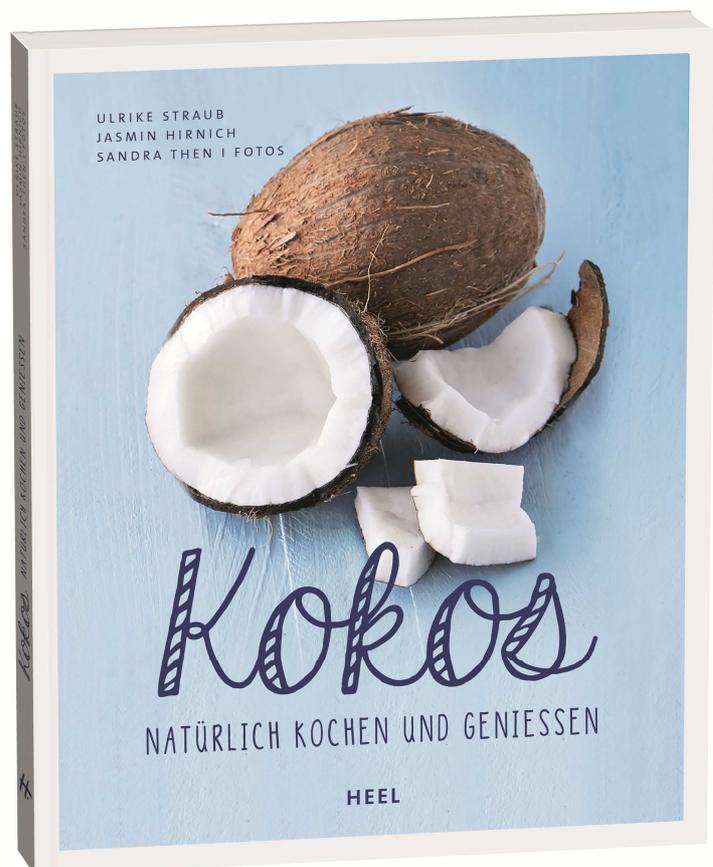
Dishes made with coconut oil, milk and flour are very tasty and extremely popular among health-conscious food lovers. Coconut oil for instance has innumerable health benefits ranging from disease prevention to anti-aging (as recent studies have proven). It can also be applied directly to the skin! Coconut flour is a delicious low-carb, gluten-free alternative to wheat and can be used to make a variety of delicious pastries.

This title, written by Ulrike Straub und Jasmin Hirnich, together with the graduate oecotrophologist Ulrike Gonder of the major coconut delicacy company *Tropicalai*, presents many easy and delicious recipes containing coconut in one form or another. If you enjoy nutrition tips and many other useful facts for naturally achieving overall health these recipes are just what you need!

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SPECIFICATIONS:

- 128 pages
- more than 100 colour photographs
- word count: 14,845
- flexicover
- trim size 183 x 225 mm
- retail price: € 14.99
- ISBN 978-3-95843-476-9
- Publication: June 2017



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