



Best Ways To Include Coconut Oil In Your Pregnancy Diet



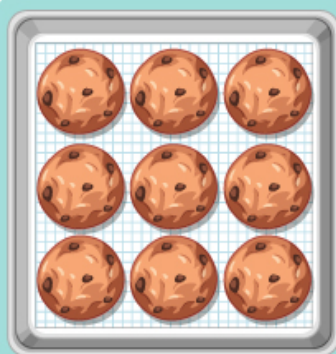
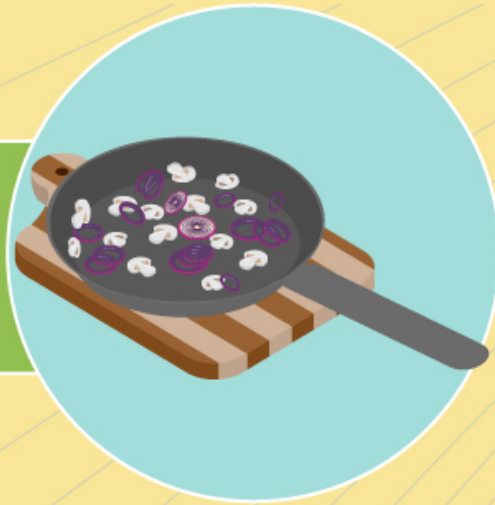
Add coconut oil to smoothies for a silky texture.

Use coconut oil to fry vegetables or eggs.



Mix coconut oil with cocoa powder and use it as a spread on slices of bread.

Use coconut oil to sauté onions and garlic for curries.



Consider using coconut oil for baking vegan cookies and cakes.

Coconut oil can also be drizzled on soups, hot teas, and salads.

