

Boost your coco mojo.

**The incredibly versatile
premium cooking oil.**





Pure and packed with energy.

In many parts of the world, coconut has been the cooking oil of choice for hundreds of years, enjoyed for its rich, nutty flavour, its higher heat tolerance and its versatility. But it's not just delicious – many people use coconut oil to help boost their energy and to lead a healthier lifestyle.

The unique molecular structure of Nature's Way coconut oil means it is packed with medium-chain fatty acids, like lauric acid, that retain their good-for-you qualities even when heated. The bottom line? Coconut oil isn't just tasty, it's good for you too.



Coco-boost Blended Coffee

Made
With:



Ingredients:

2 cups of hot coffee
2 tbsp unsalted butter
2 tbsp of Nature's Way
Liquid Coconut Oil

Method:

Blend coffee, coconut oil, and butter together in a blender until oil and butter are melted and coffee is frothy.

Notes:

Use unsalted grass-fed butter. Preheat your blender with hot water to make sure your coffee doesn't start out cold.



Fry Bake Drizzle Blend

Give Nature's Way coconut oil a try in these delicious, fast and easy to make recipes.

Vegan Berry Chocolate Cake

Made
With:



Ingredients:

1 ½ cups all-purpose flour
1 cup + 2 tbsp raw sugar
6 tbsp unsweetened cocoa
1 tsp baking soda
¼ tsp kosher salt

Combine and add:

1 ½ cups all-purpose flour
1 cup cold water
¼ cup Nature's Way Raspberry Coconut Oil
1 tbsp white vinegar
1 tsp pure vanilla Extract

Method:

Preheat your oven to 350°F. Grease and flour an 8x8" pan or line the bottom with wax or parchment paper. Stir ingredients until smooth. Scrape batter into the pan and spread evenly. Bake until toothpick inserted in center comes out clean (25-30min). Let cool in the pan for 10 min. Slide slim knife around the cake to detach it from the pan (if parchment/wax was used, invert the cake and peel off paper liner). Let cake cool, right side up, on rack. Serve plain, dusted with powdered sugar or frosted lightly with vanilla or chocolate frosting.





Spicy Avo-Coco Jalepeño Aioli

Made
With:



Ingredients:

½ avocado (ripe)
¼ onion (½ a cup), diced small
¼ cup sour cream
2 tbsp lemon juice
¼ cup Nature's Way Coconut Oil
(Jalapeño or Garlic flavoured)

Method:

Sauté onions lightly.
Mix all ingredients
into blender. Add
water for desired
consistency and salt
to taste.

Pair:

Great for fries,
burgers, tacos,
pizza dressing,
ceviche, and/or
vegetable dip.



**Play with
your food.**



Introducing the Nature's Way Family of coconut oils.

natureswaycanada.ca

