

Lisa Bronner's

DILUTIONS CHEAT SHEET

REGENERATIVE ORGANIC COCONUT OIL



COCONUT OIL USES:

A thermometer: Liquid = air temp above 76°F (24°C); Solid = air temp below 76°F (24°C).

KITCHEN

Butter and oil replacement in both savory and sweet recipes. Great for medium-high heat cooking.

Stove-top cooking: Frying or scrambling eggs, sautéing, stir-frying, browning, caramelizing as you would butter or another oil.

Cookies: Swap out half the butter for solid coconut oil.

Brownies: Swap out liquid oil for melted coconut oil, or butter for solid coconut oil.

Cinnamon Toast: Spread about 1 tsp. coconut oil on toast. Sprinkle with cinnamon sugar.

Popcorn: Toss 4 c. (500 grams) freshly popped popcorn with 2 Tbsp. liquid coconut oil. Sprinkle with salt or your favorite topping.

Dipping Chocolate: 1 Tbsp. coconut oil per 1 c. (175 grams) semi-sweet chocolate chips. Heat in small saucepan or microwave for 2 minutes. Stir til smooth.

"Magic Shell" Ice Cream Topping: 3 Tbsp. coconut oil per 1 c. (175 grams) semi-sweet chocolate chips. Heat in small saucepan or microwave for 2 minutes. Stir til smooth.

Caramelized Onions: Melt 2 Tbsp. coconut oil in a large skillet over medium low heat. Add one onion, in 1/2" (1 cm) slices. Sprinkle with sea salt and freshly ground pepper to taste. Cook low and slow for about 20 minutes, stirring occasionally until onions are golden.

Seasoning Wooden Spoons: Sand spoons if needed. Wash in soapy water and let dry thoroughly. Coat with thin film coconut oil. Bake at 375°F (190°C) for 2 minutes. Remove and let cool.

Seasoning Cutting Boards: Wood Seasoning Butter: In a double boiler, combine 1 c. (200 grams) liquid coconut oil with 1/4 c. (60 mL) melted beeswax. Stir to form a smooth, thick paste. Rub into cutting board with a circular motion until the board will not absorb more. Wipe off excess and let air dry.

Seasoning Cast Iron: Wipe a thin film of coconut oil over all surfaces. Bake at 425°F (220°C) for 1 hour. Turn oven off and let pan cool inside.

Seasoning Stoneware: Wipe a thin film of coconut oil over baking surfaces. Bake at 400°F (200°C) for 30 minutes. Turn oven off and let pan cool inside.

See LisaBronner.com for more of Lisa's favorite recipes with coconut oil.

BODY CARE

Whole Body Moisturizing: Immediately after shower, while skin is still moist, rub a thin film over body.

Shaving: Massage a thin film over area to be shaved until hair is softened. (Wash residual oils down the drain with a bit of soap to eliminate slippery floor.)

Hand & Foot Overnight Masque: Massage in a good amount of coconut oil to clean hands and feet. Cover with gloves or socks overnight.

Soften & Nourish Cuticles: Massage small amount into cuticles before bed.

Chaffing Prevention: Apply a thin film before exercise.

Soothing Irritated Skin: Smooth a small amount over skin irritated from shaving, exposure, chaffing.

Tattoo Care: Spread thin film over new tattoos to soothe skin, or massage into established tattoos to brighten.

Makeup Removal: Massage coconut oil gently into makeup. Wipe off with soft tissue or reusable pad. Wash face as normal.

Overnight Facial Masque: Cleanse and dry face. Coat two fingertips with oil and massage into face until absorbed. Wash in the morning.

Pregnancy Relief: Massage into itchy, stretchy bellies and let air dry.

Diaper Rash Prevention: Apply a thin film twice a day.

Hair Masque: On dry hair, work a tiny amount (I use a pea size for my semi long, semi thick hair) through hair from the ends up. Wrap head with a warm towel for 10 minutes. Wash out.

Hair Protector Before Sun & Swim: Coat hands with oil and work through hair before exposure.

Hair Detangler: Great for kids. Coat hands with a very thin film and run through wet hair before brushing.

Beard Moisture & Smoothing: Coat fingertips with coconut oil and massage into skin under beard and work through beard.

Massage Oil: Warm coconut oil in small jar placed in warm water. Good for all ages.

Carrier Oil for Essential Oil Application: Add several drops essential oil to 1 Tbsp. coconut oil. See LisaBronner.com for more details.

GIY Baby Wipes: See LisaBronner.com for recipe.



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LisaBronner.com

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