



Lisa Bronner's

USAGE CHEAT SHEET

VIRGIN COCONUT OIL

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 with butter or another oil.

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

Brownies: Swap melted coconut oil for vegetable oil or solid coconut oil for butter.

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

Popcorn: Toss 2 Tbsp. kernels, freshly popped, 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 with 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.

BODY CARE

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

Coconut sugar scrub: Mix together 2/3 c. (125 grams) granulated sugar, 1/4 c. (60 mL) liquid coconut oil, and 20-30 drops essential oils (optional). Store in a jar with a lid. Use to exfoliate, soften, and moisturize hands and body. Make with turbinado ("raw") sugar for a foot scrub.

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.

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

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.



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with Lisa Bronner