

Non-Stick "Non-Spray"

recipe by Lisa Jones

THM-Friendly: FP

- 1 cup liquid "fractionated" coconut oil
- 1 cup solid coconut oil
- 1 cup THM Baking Blend

Zhuzh it up in your blender until it is well incorporated.

Brush it in muffin tins, bread pans, cake pans, etc.

enJOY!

