



PRODUCT SPECIFICATION

Organic coconut flour

Origin & Production

Sri Lanka

The coconut flour is what is left from the coconut meat after the cold pressed proces of the coconut oil. After the extraction of the oil the degreased meat is crushed into flour.

Ingredients

Pure organic grounded coconut flour.

Characteristics

- contains for nearly 50% non-digestible dietary fibers
- natural source of proteins
- rich in healthy MCT fats
- low glycemic index
- no preservatives
- gluten free

Use

A regular use of coconut flour is the ideal way to increase your daily intake of dietary fibers. Each day two spoons gives you 8 grams fibers.

Because it is so rich in fibers, it is ideal to add to your breakfast. For example in yogurt, breakfast cereal or oatmeal.

Coconut flour is a tasty alternative for entire or partial replacement (+-25%) of other flour. Delicious in smoothies, pastry and desserts.

Taste

Coconut flour has a slightly sweet coconut taste.

Store

At room temperature, in dry and dark environment.

Nutritional value

	per 100 g:
Energetic value	1470 kj /354kcal
Total fats	14g
- of which saturated fat	13,3g
Carbohydrates	19,5g
- of which sugar	17g
Dietary fibers	+35 – 45 g
Proteins	20,5g
Salt	0,08g

Allergens

	Contains the product according to recipe	Cross-contamination can be excluded
Milk and milk products (inclusive lactose)	no	yes
Eggs en egg products	no	yes
Soya en soya products	no	yes
Cereals who can contain gluten (wheat, rye, barley, oat, spelt, kamut or de hybrid stems of it, as well the products of it)	no	yes
Fish en fish products	no	yes
Crustaceans and molluscs	no	yes
Nuts	no	yes
Sesame seeds	no	yes
Lupin	no	yes
Celery	no	yes
Mustard	no	yes
Sulphite /sulfur dioxin	no	yes
Beef	no	yes
Porc	no	yes
Chicken	no	yes
Corn	no	yes
Cacao	no	yes
Legume	no	yes
Carrot	no	yes
Coriander	no	yes
Glutamate	no	yes