



## Organic Coconut Flour

Rich in fibres, gluten-free

This top-class, powder-fine coconut flour is obtained from the fresh, partially de-oiled meat of coconuts from controlled organic cultivation. It represents an excellent alternative to conventional grain flours. Those having to or wanting to watch their nutrition can simply take this gluten-free, high-fibre coconut flour to 100% instead of conventional flour to produce cakes, biscuits and even bread. Even for classic baking recipes, up to 25% of conventional flour can be replaced through coconut flour in order to obtain additional fibres and proteins and to reduce sugar consumption. With its touch of natural sweetness and its fresh, slightly exotic aroma, coconut flour can refine many meals. It is also superb for binding sauces and as an additional source of fibre in yoghurts, mueslis or protein shakes.



**Ingredients:** 100 % Coconut Flour from controlled organic cultivation.

Average nutritional values	per 100 g
Energy value	1441 kJ/348 kcal
Fat	12 g
- of which saturated fatty acids	11 g
Carbohydrate	22 g
- of which sugars	21 g
Dietary fibres	43 g
Protein	16 g
Salt	0.13 g



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Non-EU agriculture

Close properly and store in a dry place.

### Contents 1 kg

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