



Organic Baobab Fruit Powder

The African monkey bread tree (*Adansonia digitata*), also called Baobab, is a tree species characteristic of the tropical Savannas south of the Sahara. During the wet season, the tree grows fruit similar in hardness and size to the coconut. Then tree then draws water from the fruit during the dry season, which dries the fruit in a natural way. After the harvest, the fruit is separated from the seeds and fibres and gently processed. Baobab fruit is an important, nutritious food source in large parts of Africa. The rich amount of vitamin C, amongst others, contributes to the normal functioning of the immune system.



Ingredients: 100 % Organic Baobab Fruit Powder from controlled organic cultivation.

Recommended use:

Stir a level tablespoon (approx. 5 g) into a glass of water or juice or some yoghurt or muesli 2-3 times per day.

Average nutritional values	per tablespoon (= 5 g powder)	per daily dose (=15 g powder)	per 100 g
Energy value	50 (kJ) / 12 (kcal)	150 (kJ) / 36 (kcal)	1001 (kJ) / 239 (kcal)
Fat	0.04 g	0.11 g	0.7 g
of which saturated fatty acids	0.01 g	0.02 g	0.1 g
Carbohydrate	4.2 g	12.6 g	84 g
of which sugars	0.9 g	2.6 g	17 g
Dietary fibres	2.3 g	6.8 g	45 g
Protein	0.2 g	0.5 g	3 g
Salt	0.002 g	0.005 g	0.03 g



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Contents 160 g
(= 32 portions à 5 g)

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